2016 MAPS Symposium Pre-conference #2 Showalter and Miller: “Cervicogenic Headaches and Dizziness: The Maitland and Mulligan Approaches”

Lab-intensive, hands-on instruction in the Maitland and Mulligan Approaches

Instructors: Chris Showalter PT, OCS, COMT, FAAOMPT
             Jack Miller BSc(P.), DipMT(NZ), MCISc, DPT, FCAMPT

Date: Thursday April 28, 2016
Course Hours: 8:00AM-12:00PM
Direct Contact: 4 hours (0.4 CEUs)
Max Participants: 30...strictly limited seating

Prices: Seats “EXCLUSIVELY” for 2016 Symposium Registrants until 1/31/16
- Symposium Registrants: $100 through 1/31/16, then $150 thereafter
- Non-Symposium Participants: registrations open on 2/1/16 - $175/pp

A Unique Opportunity (Perhaps the First Ever...) to Learn Maitland and Mulligan Approaches Presented Head-to-Head in the Management of Cervicogenic Headache and Dizziness

Learn the concepts of Clinical Reasoning, Assessment, and Treatment of these Cervical Spine conditions, while comparing and contrasting the approaches of Geoff Maitland and Brian Mulligan.

Chris Showalter and Jack Miller will each present their own expertise in the two different approaches to the manual therapy treatment of cervicogenic headaches and dizziness. Participants will have a unique opportunity to directly compare and contrast the two different philosophies of manual therapy from the initial patient assessment and differential diagnosis, through to the most appropriate manual treatments and home exercise programs. Safety and evidence-based manual therapy treatment approaches for the Cervical Spine using both the Maitland Approach and the Mulligan Concept will be explored, and participants will learn to differentiate when to safely use thrust or non-thrust manipulation techniques in both approaches. Jack is a former editor of the Canadian Physio Association’s Orthopaedic Journal and a Past President of the Canadian Academy of Manipulative Physical Therapy, and was mentored directly under Robin McKenzie, Mark Laslett, and Brian Mulligan. Jack teaches the Mulligan Concept in Canada, Latin America, and the Caribbean, and currently holds faculty positions at the University of Toronto, McMaster and Western Universities in Canada. Chris, studied manual physiotherapy directly under Geoff Maitland, Chris Conway and Bob Sprague, and has
been practicing Orthopedic Manual Therapy for more than 27 years. Chris is the Program Director for MAPS and the MAPS Fellowship Program in Orthopedic Manual Therapy, and has been teaching the Maitland Approach since 1993.

**Course Objectives:** At the conclusion of the course, participant learners will improve and/or develop:
- Abilities in diagnosis and interpretation of cervical headaches and dizziness and their musculoskeletal inter-relationships.
- The ability to feel abnormalities in movement.
- Advanced evaluation and use of non-thrust mobilization and thrust manipulation skills
- A repertoire of assessment and treatment techniques for the clinician
- Safety considerations in relation to cervical spine management
- Apply cervical Maitland and Mulligan treatments in the context of the evidence based research.

**Course Requirements:**
- Open to PTs, Physicians, D.O.s **ONLY**
- Lab clothes required

**Course Features include:**
- Lab/practical sessions with demonstrations and directly supervised practicing of techniques
- Numerous non-thrust mobilization thrust-manipulation techniques for the following conditions: Cervical:
  - Pain
  - Hypomobility
  - Headaches
  - Dizziness
- Systematic progressions from non-thrust mobilization to thrust manipulation
- Progression to Home Exercise Prescription and patient self-management
- Scientific support with evidence-based research into the efficacy OMT for the selected conditions.

**Course Schedule/Contents:**
**Thursday: 8:00AM-12:00 Noon**
- The history and philosophies of the Maitland and Mulligan Approaches to OMT
- Precautions and Contraindication to OMT
- VBI-CAD testing in the Cervical Spine
- Cervical Assessment and Differential Diagnosis of Cervical Conditions
- The Maitland Approach to Cervical Conditions
- The Mulligan Approach to Cervical Conditions

**Course Instructor Biographies:**
CHRIS SHOWALTER, BSc (Hons), B.App.Sci (Physiotherapy), OCS, FAAOMPT

Chris received his first degree, Bachelor of Science with Honors, in 1984, studying the reproductive endocrinology of sheep at Monash University in Melbourne, Australia. This led to the start of a PhD and eventual transfer to Physiotherapy where Chris received his degree in 1988 from Latrobe University. Chris received his Fellowship in the American Academy of Orthopedic Manual Physical Therapists in 2000 and his OCS in 2001.

Chris has been practicing Orthopedic Manual Therapy for 27 years and is the Program Director of MAPS and the MAPS Orthopedic Manual Therapy Fellowship. He has been presenting courses on the Maitland Approach since 1993 and has taught throughout the United States, Central and South America and Europe. Chris has a special interest in the role of Clinical Reasoning in Orthopedic Manual Therapy and has co-authored numerous peer-reviewed journal articles on orthopedic manual therapy, including Physical Therapy, Manual Therapy, JOSPT, JMMT and others.

Chris is the Chair of the AAOMPT International Affairs Committee, past Chair of the Conference Committee and sits on the AAOMPT Board of Examiners, and is a designated Fellowship Examiner. Chris was appointed US Delegate to IFOMT in 2000, a post he held for 9 years. Chris was awarded the Academy’s John McMennell Award for Service in 2009, and 2 other service awards to the Academy in 2009 and 2016.

DR. JACK MILLER, BSc(P.), DipMT(NZ), MCIsC, DPT, FCAMPT

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DR. JACK MILLER, BSc(P.), DipMT(NZ), MCIsC, DPT, FCAMPT
Jack is a Canadian Physiotherapist who spent six years practicing Physiotherapy in New Zealand where he completed the New Zealand Manipulative Therapy Association’s 3 year Post-Graduate Diploma of Manipulative Therapy in 1984. During that time he had the opportunity to mentor directly under Robin McKenzie, Mark Laslett and Brian Mulligan. Jack completed a Master of Clinical Science in Manipulative Therapy in 2008 and a Doctor of PT in 2011. Jack now lives in London, Canada where he is in clinical practice. He teaches the Mulligan Concept in Canada and the Caribbean and currently holds faculty positions at the University of Toronto, McMaster and Western Universities in Canada. Jack is the former Editor of the Canadian Physio Association’s Orthopaedic Journal and a Past President of the Canadian Academy of Manipulative Physical Therapy.

References:

