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Spine Physiotherapy Specialist
Certificate

Lecture List

Spine Physiotherapy Specialist Certificate

Specialist Certificate Editor: Prof Max Aebi

Estimated Study Time: 9 weeks at 7-9 hours per week to complete all online lectures and assessments.

Learning Objectives:

- To understand the basic science of the spine related to conservative management of spinal disorders
- To understand the pathophysiology and conservative treatment of disorders of the cervical spine
- To understand the pathophysiology and conservative treatment of disorders of the thoracolumbar spine
- To understand the pathophysiology and conservative treatment of the deformed spine

This Specialist Certificate contains these Knowledge Packages:

Package	Title
KP-PBS	Spinal Physiotherapy – Basic Science
KP-PCVS	Non-Operative Management of the Cervical Spine
KP-PTLS	Non-Operative Management of the Thoracolumbar Spine
KP-PDFS	Non-Operative Management of the Deformed Spine

This Specialist Certificate contains the following Lectures from the Spine Surgery Education Programme:

Lecture	Title
1.2	Spinal Biomechanics
1.4	Cell Biology of the Spine
1.5	Pathways to Spinal Pain
1.8	Spinal Balance
1.12	Predictors of Treatment Outcome
1.13	History and Physical Assessment
1.15	Neurological Assessment of the Spine
2.1	Applied Surgical Anatomy of the Cervical Spine
2.4	Imaging in Degenerative Cervical Conditions
2.7	Axial Neck Pain
2.8	Non-operative Management of Axial Neck Pain
2.11	Non-operative Management of Cervical Radiculopathy
2.16	Natural History and Non-Operative Management of Cervical Myelopathy
3.2	Disc Herniation, Radiculopathy and Thoracic Myelopathy – Clinical Presentation and Diagnostic Workup
3.3	Non-operative Treatment of Lumbar Disc Herniation
3.8	Non-operative Treatment of Spinal Stenosis
3.12	Non-operative Treatment of Lumbar Spondylosis
3.18	Sacroiliac Joint Pain: Evaluation and Treatment
3.19	Management of Non-specific Low Back Pain

3.20	Psychosocial Factors in Low Back Pain Management
4.1	Adult Scoliosis – Natural History and Assessment
4.4	Degenerative Scoliosis: Clinical Presentation and Diagnostic Workup
4.14	Scheuermann’s and Idiopathic Kyphosis – Management and Outcome
5.4	Idiopathic Scoliosis and its Natural History
5.14	Indication for Brace Treatment

Find out more about the Spine Physiotherapy Specialist Certificate at:

<https://courses.ecclearning.com/lp/spine-physiotherapy-specialist-certificate/>

Knowledge Package: Spinal Physiotherapy – Basic Science

This is one of four Knowledge Packages that make up the Spine Physiotherapy Specialist Certificate.

Estimated Study Time: 1 week at 7-9 hours per week to complete all online lectures & assessments.

Learning Objectives:

- To understand spinal biomechanics and kinematics of the spine, and the roles of disc facet joints, tendons and muscles
- To understand pathobiology and process of the aging spine
- To understand pain pathways, the bio-psycho-social pain model and psychological symptoms in patients with chronic pain
- To understand the basic concepts of spinal balance and alignment, measurement of pelvic parameters, and the importance of spinal alignment
- To understand and measure patient outcomes
- To recognise relevant clinical findings from patient history and clinical examination
- To understand the epidemiology, and anatomic & somatotopic background of neurological pathology, and to apply a diagnostic algorithm.

Lecture	Title
1.2	Spinal Biomechanics
1.4	Cell Biology of the Spine
1.5	Pathways to Spinal Pain
1.8	Spinal Balance
1.12	Predictors of Treatment Outcome
1.13	History and Physical Assessment
1.15	Neurological Assessment of the Spine

Find out more about this Knowledge Package at:

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Knowledge Package: Non-operative Treatment of the Cervical Spine

This is one of four Knowledge Packages that make up the Spine Physiotherapy Specialist Certificate.

Estimated Study Time: 1 week at 7-9 hours per week to complete all online lectures & assessments.

Learning Objectives:

- To understand the anatomy of the cervical spine, vertebrae, muscles, ligaments, nerves and arteries
- To understand the imaging modalities available for assessing the cervical spine and classifying common pathologies
- To understand axial neck pain, its pathophysiology, epidemiology, presentation and natural outcome, and its non-operative management
- To understand the pathophysiology of cervical radiculopathy and its non-operative management
- To understand the pathophysiology of cervical myelopathy and its non-operative management

Lecture	Title
2.1	Applied Surgical Anatomy of the Cervical Spine
2.4	Imaging in Degenerative Cervical Conditions
2.7	Axial Neck Pain
2.8	Non-operative Management of Axial Neck Pain
2.11	Non-operative Management of Cervical Radiculopathy
2.16	Natural History and Non-Operative Management of Cervical Myelopathy

Find out more about this Knowledge Package at:

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Knowledge Package: Non-operative Treatment of the Thoracolumbar Spine

This is one of four Knowledge Packages that make up the Spine Physiotherapy Specialist Certificate.

Estimated Study Time: 1 week at 7-9 hours per week to complete all online lectures & assessments.

Learning Objectives:

- To understand the pathophysiology and diagnostic workup of degenerative disc disorders
- To understand the pathophysiology of lumbar disc herniation
- To understand the pathophysiology of spinal stenosis
- To understand the pathophysiology of lumbar spondylosis
- To understand the evaluation of sacroiliac joint pain
- To be able to apply a diagnostic triage for the treatment of degenerative spine conditions, and the methods available for their conservative treatment

Lecture	Title
3.2	Disc Herniation, Radiculopathy and Thoracic Myelopathy – Clinical Presentation and Diagnostic Workup
3.3	Non-operative Treatment of Lumbar Disc Herniation
3.8	Non-operative Treatment of Spinal Stenosis
3.12	Non-operative Treatment of Lumbar Spondylosis
3.18	Sacroiliac Joint Pain: Evaluation and Treatment
3.19	Management of Non-specific Low Back Pain
3.20	Psychosocial Factors in Low Back Pain Management

Find out more about this Knowledge Package at:

<https://courses.ecclearning.com/lp/physiotherapy-of-the-thoracolumbar-spine/>

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Knowledge Package: Non-operative Treatment of the Deformed Spine

This is one of four Knowledge Packages that make up the Spine Physiotherapy Specialist Certificate.

Estimated Study Time: 1 week at 7-9 hours per week to complete all online lectures & assessments.

Learning Objectives:

- To understand adult scoliosis – epidemiology, natural history, classification, clinical assessment and HRQOL
- To understand idiopathic scoliosis and its natural history
- To understand degenerative scoliosis and its clinical presentation and diagnostic workup
- To understand Scheuermann's and idiopathic kyphosis, its management and outcome
- To understand the clinical history and clinical examination of deformity patients
- To understand how clinical workup informs the indication for conservative or surgical treatment
- To understand the indications for brace treatment for scoliosis
- To understand the effects of complications and remedial treatment options

Lecture	Title
4.1	Adult Scoliosis – Natural History and Assessment
4.4	Degenerative Scoliosis: Clinical Presentation and Diagnostic Workup
4.14	Scheuermann's and Idiopathic Kyphosis – Management and Outcome
5.4	Idiopathic Scoliosis and its Natural History
5.14	Indication for Brace Treatment

Find out more about this Knowledge Package at:

<https://courses.ecclearning.com/lp/physiotherapy-of-the-deformed-spine>

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