

**Southern Ontario College of Osteopathy
Cervical Region.
Osteopathic clinical assessment and treatment including the major osteopathic techniques.
(Course outline) 46 Hours**

Part 1 & 2

1. Review of the anatomy and physiology of the cervical region
2. Clinical biomechanics of the spine
3. Biomechanics of the cervical spine with Fryette spinal mechanics principles
4. Neurophysiology of the joints and muscles
5. Radiography of the cervical spine
6. Embryological origins of the topographical and functional anatomy of a spinal cord segment
7. Segmental innervation (Dermatomes, Myotomes, Sclerotomes)
8. Autonomic nervous system
9. Peripheral nervous system
10. Pathology of Cervical Region
 - A. Degenerative processes (osteocondrosis)
 - Compression syndromes
 - Nerve roots' compressions
 - Vascular compressions
 - Spinal cord's compressions
 - Reflectory syndromes
 - Muscular tension syndromes (Cervicalgia, M. Obliquus capitis inferior syndrome, M. Scalenus anterior syndrome, M. Levator scapulae syndrome, M. Pectoralis major syndrome, M. Pectoralis minor syndrome)
 - Vascular syndromes (Vertebral artery syndrome, M. scalenus medius syndrome)

-Neurodystrophy syndromes (Humero-scapular periarthrosis (Frozen shoulder), Shoulder-hand syndrome)

- B. Post-traumatic changes
 - C. Inflammatory processes (osteoarthritis etc.)
 - D. Oncology
11. Osteopathic assessment of cervical region
 - General assessment
 - Intersegmental motion testing
 12. Neurologic assessment of cervical region
 13. Osteopathic structural diagnosis
 14. Muscle Energy Techniques for the treatment of cervical region
 15. Soft Tissue Techniques for the treatment of cervical region
 16. Functional Technique for the treatment of cervical region
 17. Counterstrain for the treatment of cervical region
 18. Facilitated Positional Release for the treatment of cervical region
 19. Oscillatory Techniques for the treatment of cervical region
 20. Ligamentous Articular Strain Techniques for the treatment of cervical region
 21. Techniques of Still for the treatment of cervical region