

**“Specific” Soft Tissue Mobilization of the Upper Extremity**

**Presented by: Mike Cricchio, MBA, OT/L, CHT**

**Dates:Friday, September 27 & Saturday, September 28, 2019 (lunch provided Friday)**

**Time: 8:00 – 5:00 Friday & 8:00- 12:00 Saturday. Registration opens @ 7:30**

**Location**: **USA Arena,14900 North Beck Road, Plymouth, MI 48170**

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| **MiOTA/MPTA/ASHT members/students** | **$250** |
| **NonMembers** | **$275** |
| **Late Registration (After September 3, 2019 )** | **Add $25 to above prices** |

**Register online at www.misht.org**

**OR print form and mail to:**

**MSHT**

**13116 Talbot, Huntington Woods, MI 48070**

**Please make checks payable to MSHT**

**Confirmations will be emailed**

**For lodging arrangements please contact:**

**Holiday Inn Express**, 15100 Beck Rd, Plymouth, MI 48170, 734-969-8100 (next to venue)

Mention MSHT for rate of $129.00 (king)/$139.00 (2 queen) +tax -book by 8/27/19

OR

**Best Western**, 16999 S, Laurel Park Dr S, Livonia, MI 48154; 734- 464-0050 (6 mi to venue)

Mention MSHT for rate of $95.99 (single or double) + tax- book by 8/20/19

Both hotels include breakfast

**Questions?:** Please contact Rasa Poorman @ 248– 344-2304 or [www.misht.org](http://www.misht.org)



**Registration Form**: please complete entirely and legibly

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| --- | --- |
| **Name:** |  |
| **E mail:** |  |
| **Phone #:** |  |
| **Company/employer: (optional)** |  |
| **MiOTA/ASHT/MPTA member #:** |  |
| **Amount enclosed/paid:** |  |
| **Vegetarian Lunch:** | Yes No |
| **Do you have a yoga mat that you can bring to course?** | Yes No |

**PLEASE READ BELOW!!**

* **Please wear a shirt that can expose the shoulder and cervical spine for lab portion**
* **Bring a light jacket to wear in case the room is a little cool**
* **If you have a yoga mat, please bring it with you**

**Thank You!**

**“Specific” Soft Tissue Mobilization of the Upper Extremity**

**Course Description**:

This course will employ didactic and lab learning in the study of “specific” soft tissue mobilization (SSTM) of the upper extremity. Participants will investigate the principles of “specific” soft tissue mobilization, the etiology and site identification of soft tissue pathology and the biomechanical properties of normal and abnormal soft tissue in relation to the healing phases of tissue. Equal time will be dedicated to discussion on the evidence, rationale, application and administration of soft tissue mobilization treatment techniques.

#### Learning Objectives:

1. Promote understanding of “specific” soft mobilization, the etiology and site identification of soft tissue pathology and the biomechanical properties of normal and abnormal soft tissue in relation to the healing phases of tissue.
2. Recognize and promote the value of personal and clinical collaborative work via labs centered on “specific” soft tissue upper extremity treatment techniques.
3. Differentiate between “specific” soft tissue mobilization techniques, anatomy and pathology of the shoulder, elbow, wrist and hand.
4. Build a network of colleagues in which to exchange ideas and contact information.
5. Integrate various media and modes of learning to the specific study of upper extremity soft tissue mobilization.

**Topics presented by: Mike Cricchio, MBA, OT/L, CHT**

**Course Agenda**

**Friday, September 27th**

7:30-8:00am **Registration**

8:00-9:00am **Anatomy, Physiology and General Principles of “Specific” Soft Tissue Mobilization**

9:00-10:00am **Identification of Etiology and Site of Soft Tissue Dysfunction**

10:00-10:15am *Break*

10:15-10:30am **Evidence forSpecific” Soft Tissue Mobilization**

10:30-11:00am **Principles of“Specific” Soft Tissue Mobilization Technique**

11:00-12:00am **Integration of Specific Soft Tissue Mobilizations into Practice: Case Study Illustrations and Management Insight**

12:00-12:30pm **Question and Answer Session**

12:30-1:30pm *Lunch (provided)*

1:30-3:30pm “**Specific” Soft Tissue Mobilization of the Shoulder**

(Discussion & Lab)

Shoulder Anatomy Review

Professional Principles and Approach

Video Technique Demonstration

Hands-on Lab Sessions

3:30-3:45pm *Break*

3:45-5:00pm “**Specific” Soft Tissue Mobilization of the Elbow**

(Discussion & Lab)

Elbow Anatomy Review

Professional Principles and Approach

Video Technique Demonstration

Hands-on Lab Sessions

**Saturday, September 28th**

8:00-10:00am“**Specific” Soft Tissue Mobilization of the Wrist/Forearm**

(Discussion & Lab)

Wrist/Forearm Anatomy Review

Professional Principles and Approach

Video Technique Demonstration

Hands-on Lab Sessions

10:00-10:15am *Break*

10:15-11:45pm “**Specific” Soft Tissue Mobilization of the Hand/Thumb**

(Discussion & Lab)

Hand/Thumb Anatomy Review

Professional Principles and Approach

Video Technique Demonstration

Hands-on Lab Sessions

11:45-12:00pm **Question and Answer Session**