



Duffy-Rath Workshops & Seminars

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Our mission is the prevention of musculoskeletal and lifestyle-related disorders and disability through education, training and research.

WORKSHOP OUTLINE

Assess – Treat – Prevent Repetitive/Cumulative MSD of the Limbs

The Duffy-Rath System® (DRS) is a unique approach to the assessment, treatment and prevention of musculoskeletal disorders (MSD) and disability. Developed in 1984 by Wayne and Jean Rath, the system is currently utilized at outpatient clinics and industrial sites across the United States and internationally. This workshop provides the clinician with a system to improve their effectiveness and efficiency in assessing and treating 10 common MSD affecting the upper and lower extremity; all treatment strategies are oriented towards recovery of activity tolerance and long-term self-efficacy (i.e. secondary and tertiary prevention).

This is a 2-day workshop designed for licensed physical therapy and rehabilitation professionals. Participants receive a pre-course manual to review and prepare prior to the course, and a comprehensive course manual is provided on the first day. The workshop utilizes a combination of instructional modalities, including: short lectures, practical ('hands-on') laboratory sessions, clinical simulations and reviews, patient demonstrations and ongoing discussion. The workshop is focused to the assessment, treatment and prevention of the following 10 MSD:

1. Shoulder Impingement Syndrome
2. Elbow Epicondylar Disorders
3. Carpal Tunnel Syndrome
4. Trigger Finger
5. DeQuervain's Syndrome
6. OA 1st CMC
7. Pelvic Girdle Pain Syndrome
8. DJD Hip
9. DJD Knee
10. Plantar Fasciitis

This workshop trains the clinician to identify the most relevant signs and symptoms that are associated with the 10 MSDs. This includes the distinguishing characteristics of each disorder from stage 1 (warning signals), to stage 2 (nonspecific disorder) to stage 3 (unequivocal structural pathology). Common causes of misdiagnosis are reviewed, and cautions and contraindications for physical therapy treatment identified.

There are 6 treatment strategies employed based on the patient's response to the assessment process; the ultimate focus for each is to build patient self-efficacy for short-term treatment efficiency and long-term prevention of recurrence. The workshop provides the participants with a system of tools to encourage and promote this; i.e. TTFB® or 'Tools to Fight Back®'.

The participant leaves the workshop with many new tools that can be applied to patient treatment the next day, as well as refinement of old tools that render them more clinically effective. The workshop includes assessment and treatment of 'real' patients; this enhances the educational experience of the workshop and helps the participant have better insight for clinical application of the system.

Workshop Goal: Promote a systematic, prevention-oriented and non-operative approach to the treatment of 10 common repetitive strain disorders affecting the limbs.

Workshop Instructional Objectives - upon completion of this activity, participants will be able to:

1. Perform the DRS examination for each musculoskeletal region of the upper and lower limbs.
2. Identify the distinguishing clinical characteristics required to diagnose the 10 MSDs from stage 1 to stage 3 presentations.
3. Identify the indication for each of the 6 treatment strategies.
4. Perform manual and therapeutic techniques to achieve biomechanical control, restore ROM, normalize muscle contraction and/or restore function for the 10 MSDs.
5. Identify the most common and relevant cautions and contraindications to physical therapy treatment of CTD/RSI of the limbs.

Workshop Schedule:

Day 1 (Saturday)		
Time	Topic	Brief Description
8:30	Registration & Continental Breakfast	Participants sign-in and receive course materials.
9:00	Introduction & Relevant Literature Review	A brief lecture to review basic principles in the Duffy-Rath System© (DRS), identify the strengths and weaknesses of evidence-based practice, review guidelines and systematic reviews relevant to the 10 MSD.
8:45	Clear the C/T Spine (DEMO/LAB)	The role of the C/T spine in upper limb function and the clinical process to identify or rule-out the C/T spine as the source of upper limb symptoms and signs is reviewed and practiced. Common findings are identified and the growing problem with cervico-brachial syndrome is discussed.
9:30	Shoulder Impingement Syndrome	Review diagnostic accuracy and treatment efficacy for bursitis, tendonitis, RCT and dynamic instability. Demonstrate and practice basic DRS examination and discuss common findings and stages of the various disorders.
10:30	Break	
10:45	Shoulder Impingement Continued	Identify and practice performing the most common treatment procedures used for the 3 stages of shoulder of the disorders.

12:00	Lunch	
1:00	Patient Demonstration	A 'real' patient will be examined and an initial treatment strategy implemented. The findings and reasoning process will be reviewed and discussed.
2:00	Elbow Epicondylar Disorders	Review diagnostic accuracy and treatment efficacy for tennis and golfer's elbow syndrome; demonstrate and practice basic DRS examination; Identify and practice performing the most common treatment procedures used for the 3 stages of elbow/proximal forearm disorders.
3:30	Break	
3:45	Carpal Tunnel Syndrome	Review diagnostic accuracy and treatment efficacy for carpal tunnel syndrome; demonstrate and practice basic DRS examination; Identify and practice performing the most common treatment procedures used for the 3 stages of wrist and distal forearm disorders.
5:00	Conclusion	The day is summarized, instructions to prepare for day 2 are provided.
	6.50 Contact hours	

Day 2 (Sunday)		
Time	Topic	Brief Description
8:30	Re-registration & Continental Breakfast	Participants sign-in again (required for course certificate).
9:00	DeQuervain's, Trigger Finger and OA 1st CMC	Demonstrate and practice basic DRS examination; Identify and practice performing the most common treatment procedures used for the 3 stages of these three hand disorders.
10:00	Pelvic Girdle Pain Disorders	Review diagnostic accuracy and treatment efficacy for low back, buttock and hip disorders; demonstrate and practice basic DRS examination; Identify and practice performing the most common treatment procedures used for the 3 stages of disorders affecting the buttock region.
10:30	Break	
10:45	Pelvic Girdle Pain Disorders Continued	Completion of above.
11:30	Patient Follow-up	Reassessment of patient(s) seen the first day.
12:00	Lunch	
1:00	DJD Hip	Demonstrate and practice basic DRS examination; Identify and practice performing the most common treatment procedures used for the 3 stages of DJD affecting the hip.
2:00	DJD Knee	Demonstrate and practice basic DRS examination; Identify and practice performing the most common treatment procedures used for the 3 stages of DJD affecting the knee.
3:00	Plantar Fasciitis	Demonstrate and practice basic DRS examination; Identify and practice performing the most common treatment procedures used for the 3 stages of heel and plantar pain.
3:30	Break	
3:45	Plantar Fasciitis	Completion of above.
4:15	Review & Summary	Review and summarize indication, contraindication and cautions for utilizing this approach. Identify expected outcomes and efficiency. Provide direction for further information, training and support.
5:00	Course Conclusion	Critiques and certificates.
	6.5 Contact hours	(Total 13.0 Contact Hours)