



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 Neck Pain Disorders & Disability

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 common activity-related spinal disorders (ARSD) affecting the neck and upper back; 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.

This workshop trains the clinician to identify the most relevant signs and symptoms that are associated with sub-groups of nonspecific neck/upper back pain disorders and mechanical cervical radicular pain disorders. This includes the distinguishing characteristics of ARSD 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 assessment, treatment and prevent of ARSD affecting the neck and upper back.

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

1. Perform the DRS examination for the cervical/upper thoracic region.
2. Identify the distinguishing clinical characteristics required to distinguish 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 cervical/upper thoracic disorders.
5. Identify the most common and relevant cautions and contraindications to physical therapy treatment of cervical/upper thoracic disorders.

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 (Lecture)	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 neck pain disorders.
9:45	Cervical Examination (Demo/Lab)	Evidence-based history & examination of cervical/upper thoracic spine; focus to distinguishing non-specific sub-groups, cervical radicular pain and radiculopathy and identifying cautions and contra-indications. Participants practice the examination looking for the presence or absence of relevant findings.
10:30	Break	
10:45	Posture/Ergonomic Treatment: stage 1 disorders (Lecture/Demo/Lab)	A brief lecture and demonstration of the Duffy-Rath Postural/Ergonomic treatment strategy applied to the neck/upper back. Discussion of the connection with DRS prevention programs; practice key screening and self-efficacy training tools.
11:15	Biomechanical Anti-inflammatory Treatment: stage 2 & 3 disorders (Lecture/Demo/Lab)	A brief lecture and demonstration of the use of physical procedures to reduce inflammatory responses to biomechanical loading. This is the most conservative of the 6 treatment strategies used; indications and expectations discussed; common manual tools practiced.
12:005	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	Reduction Treatment Procedures: Stage 2 disorders (Lecture/Demo/Lab)	Brief lecture, demonstration and practice with the most effective therapeutic, manual and mechanical procedures used to restore a normal response to end range procedures. Discussion of clinical characteristics,

		expectations, progressions and confounding factors.
3:30	Break	
3:45	Reduction Treatment Continued (Demo/Lab)	Continuation of lab.
4:30	Clinical Management of Acute Neck Deformity: stage 2 & 3 disorders (Lecture/Demo)	A demonstration and discussion of the clinical findings of these unique patients (acute wry neck, torticollis) and various treatment strategies that have been found to be effective.
5:00	Conclusion	The first day is briefly reviewed and expectations for the second day projected.
	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	Remodeling Treatment Procedures: stage 2 & 3 disorders (Lecture/Demo/Lab)	A brief lecture discussion to identify and distinguish nerve root entrapment and adherence, and non-specific subgroups appropriate for this treatment strategy. The focus of the lab is the distinguishing responses to a structured examination and the most appropriate treatment procedures to eliminate the relevant signs, symptoms and interference with ADL.
10:30	Break	
10:45	Stabilization Treatment Procedures (DEMO/LAB)	A brief discussion of the indication for this treatment strategy, and assessment and practice with the basic upper trunk and neck strength and control testing.
11:30	Patient Follow-up	The patient(s) seen the previous day return and the reassessment process is demonstrated and the progressions and problem-solving of treatment discussed
12:00	Lunch	
1:00	Clinical Management of Patients with Non-organic Signs & Symptoms	A brief lecture and discussion of the clinical characteristics of non-organic responders and the identification of an evidence-based strategy to achieve a good functional outcome.
1:30	Upper Cervical Spine	A brief lecture to identify clinical characteristics and special examination procedures for upper cervical disorders. Practical session for the most commonly effective treatment procedures for mechanical disorders of the upper cervical spine.
3:30	Break	
3:45	Reassessment & Treatment Progressions (Lecture)	Identify and review the DRS reassessment process, common problem-solving strategies and discharge planning.
4:15	Outcome Expectations (Lecture)	Identify expected response, utilization, timeframes and methods of measuring outcome.
4:30	Cautions & Contraindications (Lecture)	A brief lecture and discussion to review the process for identification of cautions and contraindications to physical therapy treatment.
4:45	Review & Summary (Lecture)	Review and summarize indication for utilizing this approach. Provide direction for further information, training and support.
5:00	Course Conclusion	Critiques and certificates.
	6.5 Contact hours	(Total 13.0 Contact Hours)