UNIVERSITY OF ST. AUGUSTINE
FOR HEALTH SCIENCES

Upper Quarter Soft Tissue Mobilization for Occupational Therapy

Tuition: $545
Hours: 15 hours or 1.5 CEUs
Prerequisite: None
Who Attends: Occupational Therapists & Physical Therapists

This two-day seminar is comprised of lectures and labs focusing on soft tissue mobilization evaluation and treatment techniques to the upper quarter. In order for the body to maintain normal movement patterns and postural efficiency during functional tasks, the soft tissue structures need to be free from restrictions. General principles of posture, soft tissue anatomy, soft tissue biomechanics, and treatment principles will be discussed. The seminar will relate the interdependency between soft tissues, joint mechanics, & neuromuscular control. The importance of the mind-body connection will be discussed in relation to optimizing functional outcomes. Various techniques and applications of trigger point release, manual edema mobilization, and scar mobilization will be addressed in the seminar.

Learning Outcomes:
At the completion of this seminar, the attendee will be able to:

- Describe the research and concepts relating to soft tissue histology
- Identify normal and abnormal postural components of the upper quarter
- Identify and palpate key anatomical structures for soft tissue pathology
- Describe the interdependency between soft tissue, joint mechanics, & neuromuscular control
- Describe the importance of the mind-body connection in relation to optimizing functional outcomes
- Demonstrate appropriate technique for evaluating soft tissue mobility & myofascial trigger points
- Demonstrate appropriate mobilization treatment skills for soft tissue dysfunction
- Demonstrate a logical clinical approach to the proper sequencing of a treatment
- Demonstrate appropriate clinical applications of manual edema and scar mobilization
- Describe indications and contraindications for soft tissue mobilization, manual edema mobilization and scar mobilization to the upper quarter

DAY ONE	DAY TWO
8:30-10:00 Introduction to Soft Tissue Mobilization, Manual Edema & Scar Mobilization	8:00-10:00 Upper Quarter Trigger Point Lecture
10:00 AM BREAK	**10:00 BREAK**
10:15-12:30 Posture Lecture	10:15-12:30 Cont Scapula Soft Tissue Mobilization & Trigger Points Lab
LUNCH BREAK	**LUNCH BREAK**
1:30-3:00 Palpation & Posture Lab Manual Edema & Scar Mobilization Lab	1:15-3:00 Elbow & FA Soft Tissue Mobilization & Trigger Points Lab
3:00 PM BREAK	**3:00 PM BREAK**
3:15-5:30 Cervicothoracic & Scapula Soft Tissue Mobilization Lab	3:15-4:45 Wrist & Hand Soft Tissue Mobilization & Trigger Points Lab

Elisabeth C. McGee, Instructor

BS	University of Florida, Gainesville, FL
MOT	University of St. Augustine for Health Sciences, St. Augustine, FL
DPT	University of St. Augustine for Health Sciences, St. Augustine, FL
CHT	Hand Therapy Certification Commission, Inc.
MTC	University of St. Augustine for Health Sciences, St. Augustine, FL

Elisabeth McGee graduated *Summa Cum Laude* from the University of Florida in 2001 with a Bachelor of Science in Health Science Education. She furthered her education at the University of Saint Augustine completing her Master of Occupational Therapy (MOT) in 2003 and Doctor of Physical Therapy (DPT) in 2005. During this period, Elisabeth completed a Hand Therapy Fellowship (2004) at NAS Jacksonville Hospital, and after five years of clinical practice in the field, became a Certified Hand Therapist (CHT) in 2010. She also completed her Manual Therapy Certification (MTC) in 2007. Elisabeth is an instructor at the University of Saint Augustine in the Occupational Therapy department. She also works with the Upper Extremity Trauma team at Shand's Jacksonville Hospital. Elisabeth currently resides in Saint Augustine with her husband, Patrick, and two daughters.