

## **Exposing the Spinal Pain Imposters: Differential Diagnosis Following an Evidence-Based Approach**

- Screen pain that appears to be from the musculoskeletal system, though may not actually be a spinal issue
- Explore precautions and contraindications of manual therapy on the spine
- Determine if presenting symptoms are a red or yellow flag
- Apply a scan with all necessary screening tests to rule out fractures and serious pathologies
- Obtain tools to discern if pain and symptoms are within your realm to treat

Delaying proper treatment due to poor diagnosis is detrimental to a patient's well being. The sooner a patient with a non musculoskeletal issue is referred to the correct practitioner, the sooner the patient will receive the best and most appropriate treatment. Join Debra Dent, BPT, Dip Manip PT, OCS, FCAMPT, as she brings her 40 + years of experience together in this dynamic seminar to explore serious pathologies and diseases of the trunk and spine. Discussion of appropriate physical tests and scans for the spine will be presented, along with the latest evidence in screening and physical testing. Explore evaluative processes to improve awareness of differential diagnosis and test results that might be performed by other health professionals. Walk away with thorough knowledge of appropriate treatments and screenings for patients with musculoskeletal issues.

### **Learning Objectives**

1. Articulate the importance of the subjective evaluation and history in the process of differential diagnosis
2. Recognize red and yellow flags for the cervical and shoulder girdle
3. Identify musculoskeletal issues of the thoracic region
4. Identify four medical conditions that may refer to the spine but are non-musculoskeletal in origin and require a physician's intervention

### **Course Content**

#### **DIFFERENTIAL DIAGNOSIS OF THE SPINE**

- What is differential diagnosis?
- Reasons for screening
- Statistical definitions and what they mean

- Reliability
- Sensitivity
- Specificity
- Positive Predictive Value
- Negative Predictive Value
- Positive Likelihood ratio (+)
- Negative Likelihood Ratio (-)
- General screening tools and their accuracy as found in the evidence
- What are red flags vs. yellow flags?
- History specifics
- Self-reporting indexes and scales/functional outcome
- Mandatory questions

#### CERVICAL AND SHOULDER GIRDLE

- Red and yellow flags
- Mandatory questions
- Diseases that relate or refer to the cervical spine and shoulder girdle complex
  - Cancer
  - Rheumatology
  - Fractures/Instabilities
  - Pulmonary
  - Vascular
  - Osteoporosis
  - Musculoskeletal issues
- Screening tools
  - Canadian C spine rule
  - Screening for radiculopathy and clusters
  - Screening for cervical BPPV

#### THORACIC REGION

- Red and yellow flags
- Mandatory questions
- Diseases that relate or refer to the thoracic/thorax
  - Cancer
  - Rheumatology
  - Fractures/Instabilities
  - Pulmonary
  - Vascular
  - Musculoskeletal
  - Osteoporosis
- Musculoskeletal issues

## LUMBAR, PELVIS, AND HIP

- Red and yellow flag
- Mandatory questions
- Diseases that relate or refer to the lumbar spine, pelvis, and hip
  - Cancer
  - Rheumatology
  - Fractures/Instabilities
  - Musculoskeletal Issues
  - Vascular
  - Osteoporosis

### Thorocolumbar/pelvic and hip region Screening tools

- Cluster signs
- Sign of the buttock
- Vascular screening
- Neurological dysfunction

### **Ideal Student for this Online Seminar:**

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Athletic Trainers, Nurses, Nurse Practitioners, Chiropractors

### **Course Instructor -**

**DEBRA DENT, BPT, Dip Manip PT, OCS, FCAMPT**, has 40 +years of experience specializing in manual therapy of the spine. She is a graduate of the University of Manitoba, Canada where she received her Diploma of Physiotherapy and her Bachelor of Physical Therapy. Debra Dent also received her Advanced Diploma of Manual and Manipulative Physiotherapy and is a Fellow of the Canadian Academy of Manual Therapists (FCAMPT). She is certified as a Part B Manual Physical Therapist from the Canadian Physiotherapy Association and is an Orthopedic Certified Specialist (OCS (Emeritus)).

Debra Dent was an instructor for the Canadian Physiotherapy Association prior to moving to the U.S. She has been a guest clinical instructor at the University of South Florida, teaching the Spinal Manual Therapy Program for the MScPT undergraduate program and has taught a large number of manual therapy courses in the U.S. and Canada.

Debra Dent is the owner of Cross Border Seminars and presently works as a consultant PT in Palm Harbor, Florida. Her primary case load is Spine patients and she works with a multitude of related dysfunctions, as well as aging and osteoporosis.

## **Testimonials**

Debra was a wonderful teacher, very knowledgeable.

*Melissa, PT*

Fantastic speaker – new topic to me. Plan to put strategies straight to work!

*Audrey, OTA*

Excellent presenter, excellent material!

*Cynthia, PT*

Instructor was very knowledgeable and interesting!!

*Leigh r, PTA*