

Course Title: **Upper Extremity Seminar – 22.5 hours**

Instructors: <https://fics.sport/icsc-instructors/>

Short Course Description:

1. **The Asynchronous (10.5 Hours)** learning includes the ICSC online learning modules and the ICSC pre-theory recordings conducted one month before attending this face-to-face assessment. This learning is the theory that prepares the candidates for the practicum part of the course.
2. **The Synchronous Practicum (12 Hours)** is the practicum part of the seminar and is 100% hands-on, with instructor demonstrations, including scenarios and assessment of student skills. The students take part in all parts of the class, working in pairs and will develop techniques that sports chiropractors can use to support athletes in the sporting setting and physically active patients.

Course Outcomes: After completion of both the Asynchronous and Synchronous learning, the participants will be able to:

- Describe the relevant anatomy associated with the **Upper Extremity regions covered**.
- Understand taping techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.

Asynchronous Program (10.5 hours actual time of instruction)

Self-directed online learning

Delivered as a combination of live webinars and pre-recordings. This theory component is the prerequisite for attending the face-to-face practicum and is offered as a refresher of the ICSC online learning module one month before the workshop. Section quiz conditions are 1 minute per question with an 80% pass mark. Candidates must hold a certificate of completion from this Asynchronous part of this course to attend the face-to-face practicum session. CEU Calculations - only instructional hours and course reading content will be tabulated toward CEU value determination.

1. **Sports Concussion** - Refresher of the background theory/physiology/neuroscience of the head.
Presentation: 02:30:00 - Section Exam: 5 questions
2. **Mopal/CMT Theory - Upper Extremity** - Presentation 02:00:00 - Section Exam: 5 questions
3. **Taping Upper Extremity** - Presentation 02:00:00 - Section Exam: 5 questions
4. **Soft Tissue Interventions** - Presentation 02:00:00 - Section Exam: 4 questions
5. **Assessment of Sports Injuries**
Presentation 01:00:00 - Shoulder
Presentation 01:00:00 – Hand, Wrist and Finger
Section Exam: 5 Questions

Upper Extremity - Synchronous practicum 12 Hours

100% hands-on with class instructors - Learn and practise adjusting techniques in a practical, supervised setting. Please check the seminar schedule for daily start and finish times.

FICS ICSC UPPER Extremity Practicum	
30 minutes	FICS and World of Sport – Not counted for CPD
3 Hours	Shoulder: Assessment, Adjustment, Soft Tissue techniques and Rehab Inspection and palpation of the shoulder girdle region, including learning how to rule out dislocations and fractures and evaluate patterns of edema and ecchymosis. Triaging emergency injuries. Assessment, diagnosis and contraindications.
3 Hours	Elbow Assessment: Adjustment, Soft Tissue techniques and Rehab. Inspection and palpation of the elbow region, including learning how to rule out dislocations and fractures and evaluate patterns of edema and ecchymosis. Triaging emergency injuries. Assessment, diagnosis and contraindications.
2 Hours	Wrist and Hand: Adjustment, Soft Tissue techniques and Rehab. Inspection and palpation of the region, including learning how to rule out dislocations and fractures and evaluate patterns of edema and ecchymosis. Triaging emergency injuries. Assessment, diagnosis and contraindications.
2 Hours	Sports Concussion. Understand the difference in assessment of vestibular, cervical and oculomotor symptoms as it relates to concussion; and take part in the concussion lab to practice and demonstrate concussion evaluation skills.
2 Hours	Taping Techniques Upper Extremity. Taping methods and their use to support athletes and physically active people, including biomechanical, dynamic, kinesiology, and ridge tape.