



Online Continuing Education Courses
www.OnlineCE.com



AOTA Approved Provider #4023

Course Title: Breathing Essentials 201

Course Subtitle: Biomechanics of the Region: Cervical, thoracic and rib biomechanics and treatment of ribs

Course Description: Breathing Essentials 201 is a one-hour seminar, dealing with the anatomy and biomechanics of the thorax and its integration with the cervical spine, shoulder girdle and the thorocolumbar junction. The biomechanics of the region is outlined in detail and is accompanied by demonstration videos on rib decompression, clavicular decompression and a case history of traumatic rib dysfunction treatment.

Target Audience: OT/OTA, PT/PTA and other healthcare professionals

Course Length: 1 hour

Course Author/Instructor: Debra Dent, BPT, Dip Manip, PT, OCS, FCAMPT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Describe the biomechanics of rotation of a thoracic ring at the levels T1-T7.
- Describe the biomechanics of the Cervical spine, Thoracic spine, ribs, clavicle and manubrium with elevation of the right or left shoulder.
- Describe the biomechanics of flexion and extension at the Costotransverse joint T9 level.
- Describe the differences in motion of the mobile segments between T3 -T7 with side flexion occurring first in the Thoracic Spine.

Outline of Content:

Hour #1

Thoracic/ thorax, cervicothoracic, thorocolumbar and anterior shoulder girdle anatomy

Bony and articular components

Biomechanics of the Thoracic, thorax/rib, cervical, cervicothoracic, thorocolumbar

Biomechanical link of the shoulder girdle to the thorax

Case history of treatment of a traumatic thoracic rib dysfunction

Lab video: rib decompressions, clavicular decompression

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.