

Movement System Syndromes of the Shoulder, Cervical and Thoracic Spines

October 3 & 4, 2026

Course Description:

This 2-day course is for licensed practitioners interested in movement system syndromes of the upper quarter. Participants have two options for attending, on-site or virtual. On-site participation is reserved for physical therapists and physicians. The course provides instruction in key concepts and a systematic examination that can be applied to the diagnosis and treatment of movement system syndromes of the shoulder, cervical spine, and thoracic spine. The neuromusculoskeletal adaptations associated with these syndromes are also discussed.

In preparation for the course, all participants will be required to review the following content:

- Upper Quarter Foundation Webinar Series in 2026, self-paced online course
- Movement System Syndromes of the Shoulder from June 2026, self-paced online course
- Pre-recorded lecture on movement system syndromes of the thoracic spine

During the live course, there will be a review of the common shoulder diagnoses and lecture on the cervical spine. There will also be live demonstrations of examinations of individuals with pain in the upper quarter.

All participants will receive instruction in the performance of a systematic examination for these regions. The examination includes assessment of alignment and movement in a variety of positions. The participants are guided in integrating the results of the systematic examination to determine a diagnosis. Discussion will take place to explain how the diagnosis and examination results provide guidelines for treatment.

On-site participants will practice tests with feedback provided by faculty and in small groups perform a complete exam on a volunteer with pain in the neck or shoulder region. Virtual participants will observe and engage in patient examinations performed by faculty and interact in small group breakout sessions for guided movement analysis and treatment.

Course Learning Objectives:

After completing the course, participants will be able to:

- Understand Movement System Syndromes of the shoulder, cervical spine, and thoracic spine
- Develop manual skills for performing a systematic examination
- Accurately interpret the test results
- Identify the appropriate movement system diagnosis
- Discuss the contributing factors for the diagnosis
- Develop an appropriate treatment program

Recommended References:

- Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spine by Shirley Sahrmann and Associates
- Diagnosis and Treatment of Movement Impairment Syndromes by Shirley Sahrmann
- Muscles: Testing and Function, with Posture and Pain by Florence Peterson Kendall and Elizabeth Kendall McCreary (5th edition)

Free attendance for the 12th Annual Sahrman Lectureship hosted by WashU Medicine Physical Therapy

Date: Friday, October 2, 2026

Time: 4pm ~ 5pm, central time

Speaker: Lori Michener, PT, PhD, ATC, FAPTA, FNATA

Title: Beyond One-Size-Fits-All. Precision Rehabilitation for Rotator Cuff Tendinopathy.

Dr. Michener will be presenting the lecture in person at Washington University Program in Physical Therapy. Room 1235, 4444 Forest Park Avenue, St. Louis, MO 63108. Attendees can also join the lecture via Zoom. **The Sahrman Lectureship is organized by the Program in Physical Therapy.**

You can register for this event virtually at:

<https://pt.wustl.edu/events/event/12th-annual-sahrman-lectureship-lori-michener-phd-pt-atc-fapta-fnata/>

Any questions regarding the Sahrman Lectureship should be sent to ptevents@email.wustl.edu

Schedule* of the Hybrid Course

Pre-recorded lecture: Thoracic spine movement system syndromes (approximately 1.5 hour)

**Due to the involvement of multiple instructors and live subjects, the schedule is subject to change without prior notice.*

Saturday, October 3, 2026

Time	On-site (Rm 1235)	Virtual
8:30am-9am	Light breakfast Check-in, sign release forms, receive gifts	8:55am Zoom room opens for virtual participants
9am-9:15am (15 min)	Introduction	Same
9:15am-10:30am (1 hour 15 min)	Review of the most common shoulder diagnoses and descriptions of the other shoulder diagnoses	Same
10:30am-10:45am	15 min break	15 min break
10:45am-12:15pm (1 hour 30 min)	Live demonstration of a full exam / treatment on on-site participant with shoulder pain	Same
12:15pm-1:15pm (1 hour)	Group photo followed by lunch (provided)	Lunch on your own
1:15pm-2:45pm (1 hour 30 min)	Practice UQ movement exams (move to Rm 6700)	Breakout Room on shoulder movement analysis and treatment
2:45pm-3pm	15 min break	15 min break
3pm-4pm (1 hour)	Cervical spine lecture	Same

4pm-5pm (1 hour)	Practice cervical spine specific exams (move to Rm 6700)	Interactive live demonstration of cervical spine specific exams
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Sunday, October 4, 2026

Time	On-site (Rm 1235)	Virtual
8:30am-9am	Check-in	8:55am Zoom room opens for virtual participants
9am-9:30am (30 min)	Abdominals Lecture	Same
9:30am-10:15am (45 min)	Q&A	Same
10:15am-10:30am	15 min break	15 min break
10:30am-12pm (1 hour 30 min)	Group lab with painful subjects (Move to Rm 6700)	Breakout Room on cervical spine
12pm-1pm	Lunch (provided)	Lunch on your own
1pm-2:30pm (1 hour 30 min)	Group lab with painful subjects (Stay in Rm 6700)	Breakout Room on thoracic spine
2:30pm-2:45pm	15 min break	15 min break
2:45pm-4:15pm (1 hour 30 min)	Group lab with painful subjects (Stay in Rm 6700)	Interactive live demonstration of a full exam on a volunteer with UQ pain
4:15-4:30pm	Return to lecture room (Rm 1235)	15 min break
4:30pm-5pm	Closing comments, Q&A	Same

Color code:

Lecture

On-site lab or virtual breakout room

Live demonstration