**COURSE DESCRIPTION**

This three day course will focus on the evaluation and treatment of the head and upper cervical spine as it relates to headaches and the aftermath of head trauma. A thorough review of the neuroanatomy of this area will be presented. Laboratory experience will include evaluation and treatment of the upper cervical spine and explore its relationship to the Trigeminal nerve. Assessment of the cranium will include the introduction of listening at the vertex as a tool to distinguish between osseous, sutural, membranous or encephalon restrictions in the cranium. Treatment techniques will include recoil, direct, indirect and exaggeration methods to address sutural, membranous and osseous restrictions in the cranium. Neuromobilization techniques for nerves presumed to be involved in the propagation of head pain will be presented. Venous sinus training techniques and viscoelastic techniques for the encephalon will also be included.

**COURSE OBJECTIVES**

For the student:

**To understand the current classification system for headaches.**

**To be able to treat cervicogenic headaches.**

**To enhance listening skills through palpation of the cranial vertex.**

**To be able to evaluate and treat the cranium for osseous, sutural or membranous restrictions.**

**To be able to evaluate and treat the cranium for restrictions in the encephalon.**

**To learn how to evaluate and treat the venous sinuses of the cranium.**

**To learn how to evaluate and treat restrictions in both the cranium and spinal dural system.**

**COURSE INSTRUCTOR**

Mr. Bookhout received his Certificate in Physical Therapy from the Mayo Clinic in 1977 and his Master’s Degree in Orthopaedic Physical Therapy from the Institute of Graduate Health Sciences in Atlanta, Georgia in 1982. In April of 1983, he co-founded Physical Therapy Orthopaedic Specialists, Inc., a private practice physical therapy clinic which specializes in evaluation and treatment of spinal dysfunction.

Mr. Bookhout has taught numerous courses throughout the United States since 1981. He is currently an Adjunct Associate Professor in the Department of Physical Medicine and Rehabilitation at the College of Osteopathic Medicine at Michigan State University in East Lansing, Michigan. In 1992, Mr. Bookhout developed a course on exercise as a compliment to manual medicine as part of the Michigan State Continuing Medical Education Program.

Mr. Bookhout has authored numerous articles regarding the evaluation and treatment of patients with thoracic and low back pain and is the co-editor of the 6th Edition of Bourdillon’s Spinal Manipulation, published in 2002.

**Day 1 – 8:00 a.m. – 5:30 p.m.**

*Introduction, goals and objectives, history*

*Headache Classifications including Cervicogenic Headaches – What Evidence Says*

*Neuromotony of the Head, Neck and Dural System*

*Break*

*Evaluation and treatment of the upper CS – Maitland, Muscle Energy and Neuromobilization*

*Lunch*

*Evaluation and treatment of the upper CS (cont)*

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$695.00

Limited space, please register early

Course open to Physical Therapists Only

No Prerequisites required

CE credits applied for

A confirmation letter with map will be sent

Course will be held at the Outback Steakhouse/Comfort Inn in Bloomington near Mall of America

Lunch included

Contact Becky Ellis (612) 508-4288 or tbellis@comcast.net with questions

Day 2 – 8:00 a.m. – 5:30 p.m.

*Review of Day 1, questions*

*Anatomy, mechanics and pathomechanics of the Temporal Bone*

*Temporal Bone Motion testing*

*Break*

*Treatment of the Sutures – Temporal bone – Petrojugular suture, Petrobasilar suture, Occipitomastoid suture*

*Lunch*

*Treatment of the Temporal sutures (cont) – Parietomastoid suture, Sphenosquamous suture*

*Evaluation and treatment of the face – Craniofacial suture, Supra and infraorbital nerves*

*Break*

*Evaluation and treatment of the Venous Sinuses*

Day 3 – 8:00 a.m. – 5:00 p.m.

*Review of day 2, questions*

*Evaluation and treatment of the Venous Sinuses (cont)*

*Break*

*Assessment and treatment of the Cranial Dura*

*Lunch*

*Evaluation and treatment of the Tentorium Cerebelli*

*Assessment and treatment of the Spinal Dura – Rectus capitis posterior minor; Sacrum to occiput*

*Break*

*Treatment of the Encephalon*

*Treatment Approach Summary*
Registration Form
Manual Therapy for Headaches and Head Trauma I
May 15-17, 2015
$695.00

Name: ________________________________

Address: ______________________________
_____________________________________

Work Phone: ___________________________

Home Phone: __________________________

Email address: _________________________

Make checks payable to:

Mark Bookhout

Mail form and check to:

Mark Bookhout
26755 Noble Road
Shorewood, MN 55331

MANUAL THERAPY FOR HEADACHES AND HEAD TRAUMA I

Presented by:

Mark R. Bookhout, M.S., P.T.

May 15-17, 2015

Outback Steakhouse/Comfort Inn

Bloomington, MN