# PNMT Upper Extremity Seminar

The PNMT Upper Extremity Seminar is one of the most popular seminars in the PNMT core series. It is an in-depth look at shoulder issues and problems of the hand and arm, an important area for those of us whose hands are our instruments!

**Part One: The Shoulder**

Friday evening and all day Saturday we will address the shoulder, analyzing both scapular movement and glenohumeral movement. In the first section we will address muscles that affect movement of the scapula. In the second section of the shoulder, we will focus on pure humeral motion. Full range of the arm is often restricted in ways that we do not often realize. You will learn to precisely measure and then affect change in the movements that are quite amazing! You will be surprised at the changes in range of motion and ease of movement you can create in a short amount of time. Your clients will really appreciate the difference, your effectiveness rate with stubborn shoulder problems will dramatically improve.

**Part Two: Hand and Arm Issues**

The second part (most of the last day) of the PNMT Upper Extremity Seminar looks at hand and arm issues including repetitive strain issues and various forms of overuse syndromes. This is a complex area, but who better to treat it than people who use their hands as the tools for healing? Most of us learn the anatomy of this area only later to forget it once again. When you see how each muscle has a distinct set of symptoms, it is easier to remember individual anatomy. The hand and arm section is organized with two agendas: common pain conditions and nerve entrapment.

**Objectives for the PNMT Upper Extremity Seminar are:**

1. To state three possible treatment strategies for trigger points
2. To state the one criteria which implicates trigger points as the source of pain
3. The state the six possible movements of the scapula and name two muscles involved in each movement
4. That the participant can state at least two indicators for treatment of each muscle covered in the seminar
5. That the participant can demonstrate range of motion measurement for all humeral planes of

motion
6. That the participant can state at least two muscles which may limit each humeral plane of motion
7. That the participant can demonstrate a test to possibly indicate supraspinatus impingement
8. That the participant can state at least two indicators for the possible presence of frozen shoulder
9. That the participant can state at least three mechanical reasons for nerve irritation
10. That the participant can state at least two possible soft tissue structures that entrap the median nerve
11. That the participant can state at least two possible soft tissue structures that entrap the ulnar nerve
12. That the participant can name the nine tendons in the carpal tunnel
13. That the participant can name and demonstrate two tests for the possibility of carpal tunnel syndrome
14. That the participant can state at least three possible soft tissue structures that could create pain and the lateral epicondyle
15. That the participant can state at least three possible soft tissue structures that could create pain and the medial epicondyle

## Friday Evening

6:00 PM to 6:30 PM Registration

6:30 to 6:50 Introduction, General principles of Precision NMT

Break

7:30 to 8:00 Lecture on the differences between scapulothoracic movement and glenohumeral movement. Discussion of red flags that indicate referral to physicians.

8:00 to 8:30 Demo on trapezius and levator scapula

Break

8:45 to 9:30 Practice

## Saturday

9:00 to 10:00 Demo and practice on the latissimus and serratus anterior

Break

10:15 to 10:45 Lecture and demo on the muscles of abduction- deltoid and supraspinatus

10:45 to 11:30 practice

Break

11:40 to 12:00 External humeral rotators anatomy and treatment demo

12:00 to 12:30 Practice

12:30 to 1:30  Lunch

1:30 to 2:00 Forward flexion segment- bicep and anterior deltoid

2:00 to 2:30 Practice

Break

2:40 to 3:40 Humeral internal rotation segment  Lecture on anatomy of the subscapularis and pectoralis major and minor

3:00 to 4:00 Practice

Break

4:15 to 5:15 Practice and review other internal rotators-  teres major and latissimus

5:25 to 6:00 Review

**Sunday**

9:00 to 9:20 Questions from previous day

9:20 to 9:45 Tricep anatomy and demo

9:45 to 10:20 Practice

Break

10:40 to 11:20 Lecture on RSI

11:10 to 11:30 Begin superficial forearm flexor anatomy and demo

Break

11:40 to 12:30 Student draw anatomy on each other

12:30 to 1:00 Demo and treat superficial flexors

Lunch

2:00 to 3:00 Median nerve influences anatomy and Demo

2:00 to 2:30 Practice

Break

2:40 to 3:00 Ulnar nerve influences

3:00 to 3:20 Practice

Break

3:30 to 4:30 Extensor muscles and radial nerve issues  lecture, demo and treat

4:40 to 5:30 Extensors and flexors of the thumb lecture, demo, and treat

5:30 to 6:00 Review