

**PT 491: INDEPENDENT STUDY - SPINE**  
SPINE CARE SERIES 1: BACK: The Lumbopelvic Region  
SPINE CARE SERIES 2: NECK: The Cervicothoracic Region  
Spring 2024; Instructor - Kevin O'Brien

**Suggested Schedule**

Jan 8 – Mar 10	Cervical Spine
Mar 11 – May 10	Lumbar Spine

**Cervical Spine**

Jan 8 - 13	Cervical spine anatomy
Jan 14 - 20	Deep cervical spine extensors
Jan 21 - 27	Upper Cervical Instability Tests
Jan 28 - Feb 3	1) Herniated cervical disc 2) Cervical spine radiculopathy
Feb 4 - 10	Neck pain classification article
Feb 11 - 17	Neck pain clinical practice guidelines
Feb 18 - 24	<b>Cervical spine exam</b>

**Lumbar Spine**

Feb 25 - Mar 1	Thoracolumbar fascia
Mar 2 - 10	Spring Break
Mar 11 - 16	Facet joint biomechanics
Mar 17 - 23	Neurogenic disc pain
Mar 24 - 30	Nucleus pulposus
Mar 31 - Apr 6	Sacroiliac joint
Apr 7 - 13	Low back pain classification
Apr 14 - 20	Low back pain clinical practice guidelines (2012 & 2021 versions)
Apr 21 - 27	<b>Lumbar spine exam</b>

The above is only a **suggested** schedule for each content block. **It is important to complete at least one exam by Mar 15, 2024, or a deficiency will be issued. All coursework must be complete by May 10, 2024, or a failing grade will be issued.**