

## Manual Therapy Approaches for the Shoulder and Thoracic Spine

### Course Description:

This course is for physical therapists and physical therapist assistants and will focus on best practice techniques for the shoulder and thoracic spine. Participants will learn indications, contraindications, and precautions for manual therapy to this region through best practice evidence. The course will start with lecture material on these topics plus a review of anatomy and hand placement to help with the lab portion of the course. Concepts that will be focused on will be mobilizations to the shoulder, ligamentous testing of the shoulder, first rib assessment and mobility, scapular assessment and mobility, and thoracic spine assessment and mobility. Mobilizations and manipulations will be taught and performed in this class. This is a beginner to advanced clinician level class that is suitable for every clinician who performs manual therapy techniques. Alterations will be made for PTAs to perform only mobilizations. A case study will be utilized at the end of the course to assess learning and put into practice what participants learned from the course into a patient scenario. Post manual therapy exercise techniques will also be highlighted in the course.

### Learning Objectives:

1. Participants will be able to list indications for manual therapy techniques to the shoulder and thoracic spine based on best evidence-based practice.
2. Participants will be able to list precautions and contraindications to manual therapy based on best evidence-based practice.
3. Participants will be able to identify mobility deficits based on a shoulder and thoracic assessment scan
4. Participants will identify impairments in their patients and then choose the correct manual therapy technique to utilize.
5. Participants will demonstrate proper techniques of the shoulder and thoracic spine to utilize safely and effectively with their patients.
6. Participants will assess and demonstrate physical therapy treatment exercises for the shoulder and thoracic spine to ultimately use with their patients

### Presenters:

**Paul Kremer, PT, MPT, COMT** earned his Master of Physical Therapy in 2006 and Bachelor of Science in Exercise Science in 2005, both from the University of Toledo in Toledo, OH. He completed his COMT (certified orthopedic musculoskeletal therapist) in 2025 after completing and passing five courses and the exam through the North American Institute of Orthopedic Manual Therapy (NAIOMT).

Paul has taught a previous OPTA approved CEU on Advanced Treatment on the Cervical and Thoracic Spine.

Paul has served as a physical therapist at UVMC's Sidney Center Physical Therapy since 2016 and has practiced physical therapy in outpatient orthopedics full-time since 2007. He is credentialed as a Level 1 Clinical Instructor with the APTA. He is LSVT BIG certified and an instructor for group exercise classes for individuals with movement disorders relative to Parkinson's disease and other neurological disorders. He has obtained additional training in the following areas that will further benefit clients: manual therapy, dry needling-levels 1 and 2, blood flow restriction, Kinesio taping, instrument-assisted soft tissue massage, and cupping.

**Qasim Rizvi, PT, DPT, OCS, COMT** earned his Doctor of Physical Therapy from the University of Dayton in 2016. He has been working as a physical therapist at Miami Valley Hospital's Beavercreek outpatient clinic since 2016. He is board-certified in Orthopedics by the American Physical Therapy Association since 2022. He completed his COMT (certified orthopedic musculoskeletal therapist) in 2025 after completing and passing five courses and the exam through the North American Institute of Orthopedic Manual Therapy (NAIOMT).

He serves as an adjunct manual therapy lab instructor for the University of Dayton's Doctor of Physical Therapy students and has done so since 2021. Qasim has taught a previous OPTA approved CEU on Advanced Treatment on the Cervical and Thoracic Spine.

Qasim is certified in Dry Needling level I and level II as well as Blood Flow Restriction certified. He is an advanced trained APTA Clinical Instructor and has served as the Education Coordinator for the Premier Health Rehabilitation Department since 2024 where he oversees the continuing education, student, and residency programs.

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### Course Schedule:

7:45-8:00AM Registration

**8:00AM-9:10AM** Lecture material on indications for manual therapy, precautions, contraindications, anatomy, hand placement and technique, and an assessment scan of the shoulder and thoracic spine

**9:10AM-10:00AM** Mobilization Lab for the Shoulder

**10:00AM-10:15AM:** Break

**10:15AM-11:30AM** Continued Mobilization Lab for the Thoracic Spine

**11:30AM-12:05PM** Case Study and discussion between groups of manual therapy technique selection and performance along with therapeutic exercise selection post-manual therapy.

**12:05-12:15** Question and Answer Session along with final practice of techniques

**Program Fees and Registration:** This educational event is being offered to Premier Health employees for \$25. Registration includes course materials, instruction, and CEU credit. Registration space is limited to 30 participants and reservations must be received by March 13, 2026. For cancellations, please email Qasim ([qarizvi@premierhealth.com](mailto:qarizvi@premierhealth.com)). Cancellation policy for this course: Prior to 2 weeks 100% refund, refunds within 2 weeks are reviewed on a case-by-case basis.

**Registration:** Via this link: [Manual Therapy Approaches for the Shoulder and Thoracic Spine - WSU Boonshoft School of Medicine & Premier Health CME Alliance - Continuing Education \(CE\) - Manual Therapy Approaches for the Shoulder and Thoracic Spine](#)

**Directions and Parking:** The course will be located at Miami Valley Hospital North at 9000 North Main St. Dayton, OH 45415. The course will be in the Physical Therapy Gym. This is best accessed by parking near the Lakeside Entrance. When entering the Lakeside Entrance, turn immediately left after the double doors where you will see the entrance to the Rehab Center.

**Continuing Education Units:** This course is pending 4 CEU hours for Physical Therapists and Physical Therapist Assistants through the Ohio Physical Therapy Association (OPTA).