

Myotatic Activation Procedures

MAP: Cervical Spine

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MAP

Anatomy

The neck's simplicity, efficiency, and specialisation mean that it gets into trouble quickly. It has hardly any extra margin for improvisation and compensation.

The cervical spine is delicate while also remarkably flexible. With its complex and intricate construct, and the many stresses and force that can be placed on it through trauma or daily activities, the cervical spine is at risk for developing a number of painful conditions.

This course explores how the neck functions in greater detail, as well as common causes of cervical neck pain.

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MAP may be utilised in the assessment and management of a variety of cervical spine pathologies, including:

- Forward head posture and associated postural dysfunction
- Cervicogenic and tension-type headaches
- Cervical radiculopathy
- Discogenic cervical pain syndromes
- Whiplash-associated disorders (WAD)
- Cervicogenic dizziness

MAP techniques are gentle, pain-free physiotherapy interventions with no known contraindications. Treatment is applied safely and comfortably, making it suitable for a wide range of patients.

MAP works the cervical spine through its full, functional range of motion, aiming to restore movement, reduce pain, and improve overall neck function.

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The Cervical Spine

7 Skills introduced:

- Re-alignment of the cervical spine
- Release Occipito-Atlantal joint
- Recover rotation at Atlanto-Axial joint
- Resolve headaches
- Restore facet joint function & radiculopathy
- Rx Cervical-Thoracic Junction
- Release SCM
- Treatment of VBI and cervicogenic dizziness
- Allow efficient treatment of acute whiplash injuries

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The Objectives

At the end of the course the attendants should
have a better understanding of:

- The biomechanics and functional anatomy of the Cervical spine
- Clinical assessment and identification of Cervical movement dysfunction
- Differential diagnosis and treatment of Cervical pain disorders
- Treatment techniques for the neuro-musculoskeletal structures found to be responsible for the pain, or predisposing the problem