

**DATE:** Friday, October 17

**TIME:** 2:00 p.m. – 6:15 p.m.  
Participants are invited to our Social directly following the lecture.

**CHECK IN:** 1:30 p.m.

**LOCATION:** UIC Student Center West

**CE HOURS:** 4 continuing education hours for physical therapists. The UIC Department of Physical Therapy has an accredited Physical Therapy program.

**COST:** \$120

**ENROLLMENT DEADLINE:**  
Friday, October 3

To enroll in this course, visit the UIC Office of Continuing Education website....

**WWW.OCE.UIC.EDU**

Questions? Contact us...  
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This lecture is sponsored in part by:



October 17, 2008 | 4 CE Hours

The **UIC Fellowship in Orthopedic Manual Physical Therapy** is proud to host the **THIRD ANNUAL DISTINGUISHED LECTURE ON THE SCIENCE OF MANUAL THERAPY**

## Knowledge to Action: The Challenge of NECK PAIN TREATMENT

The 2008 Distinguished Lecturer is Anita R. Gross, BScPT, MSc, Grad Dip Manip Ther, FCAMT

### Lecture description:

The clinician is often inundated with new information emerging from research on effectiveness and risks of various treatment approaches. How does one determine what to incorporate into practice and how? Systematic review! This lecture will discuss how to use simple tools to translate knowledge into practice. Ms. Gross will review a Neck Care Tool Kit, showing a diagrammatic approach to prioritizing treatments. In addition, she will depict evidence from a series of 11 systematic reviews by the Cervical Overview Group in decision flow charts and tables to enhance clinical interpretation of the overview findings. This clinical commentary will guide the clinician to the evidence in enough detail to put it into action. The speaker will conclude by delineating research gaps and proposing future research directions and the need for internationally based initiatives.

### About the 2008 Distinguished Lecturer Anita R. Gross:



Anita Gross, BScPT, MSc, Grad Dip Manip Ther, FCAMT, is a physiotherapist and a Fellow of the Canadian Academy of Manipulative Therapy. She received degrees from the University of Toronto in Physiotherapy, Curtin University in Perth, Australia in Manipulative Physiotherapy and McMaster University in Design, Measurement and Evaluation. Ms. Gross is a clinician, researcher, and educator. She practices at Lifemark Health - ProActive Physiotherapy. She is an Associate Clinical Professor in the School of Rehabilitation Science and the Department of Clinical Epidemiology & Biostatistics at McMaster

University in Hamilton, Canada, and she teaches advanced orthopedic manipulation for the Canadian Physiotherapy Association. She has chaired the development of clinical practice guidelines on manipulation and mobilization for mechanical neck disorders for the College of Physiotherapists of Ontario. Ms. Gross also coordinates the cervical overview group, which conducts and maintains systematic reviews for the Cochrane Collaboration on mechanical neck disorders. She chairs the Head and Neck, Arm, Hand (HaNSA) Research Group at McMaster University, School of Rehabilitation Sciences. She has authored over 70 peer-reviewed journal articles, reviews, book chapters and conference proceedings. She has spoken at international conferences and has refereed for numerous journals.