



Erasmus+

**MODULE TITLE:**

Neck pain: differential diagnoses, symptoms and treatment.

**RESPONSIBLE FOR THE MODULE:**

|               |                                                                                                                                     |                                                                                        |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| NAME          | Dr. Xenofon Baraliakos, MD<br>Dr. Athanassios Giannakopoulos, MD                                                                    |                                                                                        |
| POSITION      | Consultant rheumatologist (XB)<br>Consultant orthopedic surgeon (AG)                                                                |                                                                                        |
| SECTOR        | Rheumatology, Orthopedic surgery                                                                                                    |                                                                                        |
| OFFICE        | XB: Rheumazentrum Ruhrgebiet, Claudiusstr. 45, 44649 Herne, Germany<br>AG: St. Anna Hospital, Hospitalstr. 45, 44649 Herne, Germany |                                                                                        |
| TEL. / E-MAIL | +49-2325-592-709                                                                                                                    | xenofon.baraliakos@elisabethgruppe.de<br>athanassios.giannakopoulos@elisabethgruppe.de |

**HOURS :**

1

**LANGUAGE OF TEACHING:**

GREEK [ ]

ENGLISH [X ]





Erasmus+

**AIM OF THE MODULE** (*content and acquired skills*)

The aim of this module is to provide the student with an understanding of the symptoms and differential diagnoses of patients with neck pain. In addition to this, students will learn the relevant concepts on treatment for neck pain and they will be introduced to the relevant clinical research in the field. The ultimate goal of the module is to make student able to identify the limitations that a neck pain patient has when an exercise program is provided.

**MODULE CONTENTS** (*outline – subtitles of the lectures*)

Basic Anatomy of the cervical spine  
Conservative treatment or surgery  
The role of physical therapy with or without surgery  
Presentation of other treatment methods  
Surgical treatment of degenerative diseases and injuries of the cervical spine  
Differential diagnoses of neck pain

**TEACHING METHOD** (*lectures – labs – practice etc*)

Lecture

**LEARNING OUTCOMES**

Upon the completion of this module the student will be able to:

- Understand the basic anatomy of the cervical spine
- Recognize the most commonly used treatment methods for neck pain
- Understand what is the role of physical therapy in the context of neck pain
- Describe the most important features of the most common diagnoses in the cervical spine

**LEARNING OUTCOMES - CONTINUED**

| <i>Learning Outcomes</i>                                                                               | <i>Educational Activities</i> | <i>Assessment</i>                                 | <i>Students Work Load ( hours)</i> |
|--------------------------------------------------------------------------------------------------------|-------------------------------|---------------------------------------------------|------------------------------------|
| <ul style="list-style-type: none"> <li>• Understand the basic Anatomy of the cervical spine</li> </ul> | Lecture, slides               | Short fill in the blanks and multiple choice test | 2                                  |
| <ul style="list-style-type: none"> <li>• Recognize the most commonly used</li> </ul>                   | Lecture, slides               | Short fill in the blanks and multiple choice      | 2                                  |



St. Anna Hospital





Erasmus+

|                                                                                                                                     |                 |                                                   |           |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------------------------------------------|-----------|
| treatment methods for neck pain                                                                                                     |                 | test                                              |           |
| <ul style="list-style-type: none"> <li>Understand what is the role of physical therapy in the context of neck pain</li> </ul>       | Lecture, slides | Short fill in the blanks and multiple choice test | 2         |
| <ul style="list-style-type: none"> <li>Describe the clinical symptoms of the most common diagnoses in the cervical spine</li> </ul> | Lecture, slides | Short fill in the blanks and multiple choice test | 2         |
| <ul style="list-style-type: none"> <li>Understand the basic anatomy of the cervical spine</li> </ul>                                | Lecture, slides | Short fill in the blanks and multiple choice test | 2         |
|                                                                                                                                     |                 | <b>Total</b>                                      | <b>10</b> |

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

|                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>C. Kisner, L. Colby (2007) Therapeutic Exercise: Foundations and Techniques (5th edition) F.A. Davis Company</li> <li>Cheng CH et al, (J Phys Ther Sci. 2015 ) Long-term effects therapeutic exercise on nonspecific chronic neck pain: a literature review.</li> <li>Cohen SP et al, (Mayo Clin Proc. 2015) Epidemiology, diagnosis, and treatment of neck pain.</li> </ol> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

