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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course # Course Title

Webinar Date

Name Discipline

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TEXAS
PHYSICAL THERAPY
ASSOCIATION



WEBINAR

**#7421 Incorporate Clinical Practice
Guidelines into Program Design for
People with Low Back Pain**

Instructor:

Theresa A. Schmidt, PT, DPT, MS, OCS, LMT

Audience:

Physical Therapists, Assistants
and Athletic Trainers

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: Participants will be introduced to the current evidence-based approach to management of low back pain using Clinical Practice Guidelines from the Orthopedic Physical Therapy Section of the American Physical Therapy Association with clinical reasoning. As payers and medical practitioners increasingly depend on evidence-based Guidelines, clinicians must utilize published recommendations when selecting examination tools and designing therapeutic programs to direct functional outcomes and to optimize documentation for reimbursement.

CPGs are intended to complement the clinical reasoning process of clinicians, not to provide a mandated protocol for making decisions about patient management. Understand the terminology and recommendations used in the CPG for low back pain. Select the proper impairment categories for your patients with low back pain for a more accurate match to their medical diagnosis, and choose recommended interventions to promote functional outcomes. Recognize what intervention types to utilize for specific impairment categories based on current evidence to successfully address low back pain and its related limitations. (Intermediate Level)

PRESENTER: **Theresa A. Schmidt, PT, DPT, MS, OCS, LMT** is President of Educise PC continuing education and physical therapy in Sunapee, NH. A Board-certified Specialist in Orthopedic Physical Therapy, Expert Witness, massage therapist, and coach with 30+ years' experience in clinical practice and education, she integrates best evidence-based practices of manual therapy and orthopedic rehab, with complementary medicine approaches for outstanding peak performance. She graduated Long Island University's Masters Physical Therapy Program in with Highest Honors. She received her Doctorate in Physical Therapy Program at University of New England. Dr. Schmidt served as faculty at Touro College Physical Therapy, Nassau CC and CUNY Queens College in NY. She presented for International Fascia Research Congress, APTA, AOTA, AMTA, NASA Inomedic Health, Johns Hopkins, Cleveland Clinic and major medical centers. She is a published author, integrative medicine clinician, community educator, and nature enthusiast. Visit her at: www.Educise.com.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Discuss the current clinical practice guidelines (CPG) for patients with low back pain (LBP) as developed by the orthopedic section of the American Physical Therapy Association.
2. Conduct an examination for patients with low back pain and interpret the results to diagnose anatomical and functional impairments and classify people into the associated impairment-based category.
3. Select intervention strategies to address activity restriction limitations and functional mobility impairments based on the CPG classification of impairments for LBP.

FORMAT: This is a 3-hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

- 30 min: Development of Clinical Practice Guidelines, CPG by APTA, definition of CPG, clinical prediction rule (CPR), CPG impairment measures, interventions to address limitations and structural and functional impairments.
- 30 min: Discussion of proper use of evidence-based functional outcome measures, and physical impairment analysis measures to document exam findings and measured response to therapeutic interventions.
- 30 min: Categorization of acute, subacute and chronic lumbar conditions as to the CPG impairment classification, discussion of selecting ICD and ICF classifications for low back pain.
- 30 min: Discussion of effective intervention types to improve limitations for specific impairment-based diagnostic categories. Example: For radicular or non-radicular categories describe clinical applications for patient education, manual therapy, neuromuscular and movement reeducation, and therapeutic exercise. ACP Guidelines and PTs use of CPG for LBP.

Post-test: Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. (Allow 30 minutes for these completion tasks.)