

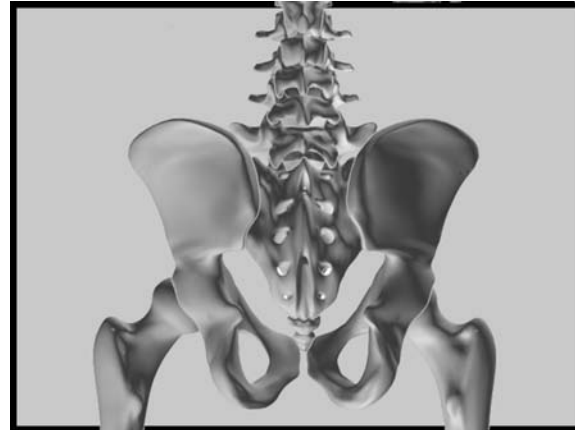
Current Manual Therapy and Neuromuscular Stabilization Concepts for the Lumbar Spine and Sacroiliac Joint

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An Evidenced-Based Course

Presented by
Robert Klingman
MPT, OCS, FAAOMPT

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PT, PTA and ATC - Continuing Education Course

Day One

7:30	8:00	Registration
8:00	8:30	Rationale for Evidence-Based Practice
8:30	9:00	Region Specific Red Flags • Non-organic signs in low back pain and Waddell signs
9:00	10:00	Physical Examination Lecture • Diagnostic classification - Outcome measures, pre and post treatment
10:00	10:15	Break
10:15	11:00	Mobilization • Criteria for high velocity thrust mobilization • Criteria for NOT performing high velocity thrust mobilizations
11:00	12:00	Pelvic Girdle Examination (Lab) • PSIS palpation - March test (innominate active posterior and active anterior rotation) • PSIS palpation - Focus on positional symmetry - Ligament tenderness • ASIS palpation - Focus on positional symmetry • Sidebending test for sacral mobility
12:00	1:00	Lunch (on your own)
1:00	2:00	Pelvic Girdle Intervention (Lab) • SIJ region high velocity thrust mobilizations • Determine an AROM reassessment sign • Examine March, PSIS, symmetry and SIJ ligaments • Demo SIJ region high velocity thrust mobilization
2:00	3:00	Repeat SIJ Region Mobilization • Demonstration SIJ region mobilization modifications
3:00	3:15	Break
3:15	4:00	Pelvic Girdle Asymmetry Intervention • Sagittal plane isometric mobilizations • Sagittal plane passive mobs • Home exercise strategies
4:00	5:00	Pelvic Girdle Case Study Presentation • Sacroiliac joint region mobilization technique review

Day Two

8:00	9:00	Review Lumbar Spine Anatomy and Biomechanics • Type I and Type II mechanics, does it matter? • Discussion on scientific rationale regarding the physiological effects of high velocity thrust mobilization • The audible "Pop" sound, does it matter?
9:00	10:00	Lumbar Spine Examination (Lab) • Review of literature and clinical prediction rules • Lumbar AROM and overpressure • Lumbar unilateral and central • Posterior to anterior pressures
10:00	11:00	Lumbar Spine Intervention (Lab) • Lumbar rotation in neutral high velocity thrust mobilizations • L/S AROM overpressure • Lumbar unilateral P-A's • Lumbar spine rotation in neutral • Reassess
11:00	12:00	Lunch (on your own)
12:00	1:00	Lumbar Rotation / SB in Extension • AROM • Unilateral P-A's in extension • L/S SB/ROT in Ext manipulation
1:00	2:00	Lumbar Spine Rotation / SB in Flexion • AROM • Unilateral P-A's in flexion • Lumbar SB/ROT in flexion manipulation • Reassess
2:00	3:00	Seated Thoracolumbar Junction Rotation Mobilization
3:00	3:15	Break
3:15	4:00	Hip Region (Lab) • Mobilizations with high velocity thrust options
4:00	5:00	Lumbar Spine / SIJ Exercise (Lab) • Criteria for stabilization • Stabilization exercises • Lumbar case study presentation • Questions/answers

About the Educator

Robert Klingman, MPT, OCS, FAAOMPT received his Bachelor of Science in Exercise Science from California State Polytechnic University in Pomona, CA, his Master's in Physical Therapy from Mt. St. Mary's College in Los Angeles, CA and is a graduate of the Orthopaedic Physical Therapy Residency Program at Kaiser Permanente in Los Angeles, CA. He continues to serve as a mentoring faculty member and guest lecturer for the Southern California Kaiser Permanente Orthopaedic Residency Program. Mr. Klingman is a Board Certified Clinical Specialist in Orthopaedic Physical Therapy (OCS) with the American Physical Therapy Association and a Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT). Robert has published articles that have appeared in such journals as *Journal of Orthopaedic & Sports Physical Therapy* and *The Journal of Manual & Manipulative Therapy*. In 2000, Mr. Klingman was the winner of The Journal of Manual & Manipulative Therapy & Ball Dynamics Award for Excellence in a published case study. Additionally, Mr. Klingman is a member of the Foot/Ankle Special Interest Group for the Orthopaedic section of the APTA. He has conducted several courses on topics such as lower quarter mechanics, foot/ankle pathology, and manual therapy of the spine and shoulder. Currently he practices, conducts research, and provides mentoring in outpatient orthopaedics in Tucson, AZ.

Purchase an educational training film on the SI Joint designed to increase your understanding of the material in this course. Optionally added to your registration.

Why You Should Attend This Course

Referrals for the evaluation and treatment of lumbar and sacroiliac joint pathologies are frequently seen in physical therapy and sports medicine clinics. Disorders in the lumbar spine and sacroiliac regions can be difficult to manage as one diagnosis can present with a multitude of physical exam findings. Determining which findings are relevant and have a high probability of changing the patient's primary complaint is usually where the clinical challenge lies.

This intermediate level comprehensive course will provide clinicians with information and techniques that can be utilized the following day in their clinical practice. A systematic assessment of the lumbar spine, sacroiliac region and hip will be presented. Emphasis will be placed on utilizing current evidence, algorithms, and clinical reasoning in the classification and treatment of syndromes. Specific diagnosis will include lumbar radiculopathy, lumbar spondylosis, lumbar facet dysfunction and lumbar stenosis. Joint dysfunctions that will be addressed will include: innominate positional faults, including upslips and translated innominates. The role of hip hypomobilities issues that can co-exist with lumbar/sacroiliac joint dysfunctions will also be examined. The manual therapy component of this course will integrate the Australian/Maitland and Osteopathic Medicine approaches with current research and effective clinical applications. Neuromuscular stabilization procedures will be evidence based as well and focus on proven treatment interventions. The majority of the course is laboratory in order to focus on clinicians handling skills and precise performance of techniques and exercises. Learning will be enhanced with computer slide presentations and video analysis projections. Case studies will also be utilized to reinforce clinical reasoning skills. Additionally, the course instruction will provide insight towards differential diagnosis of lumbar pathology, with special attention to concerns for physical therapists involved in the increasingly common practice of direct access.

Course Objectives

- Upon completion of this course, participants will be able to:
- Integrate current evidenced-based information into a comprehensive program for lumbopelvic disorders.
 - Understand the rationale for when to perform slow velocity and high velocity thrust mobilizations.
 - Interpret examination findings to establish an accurate treatment classification category.
 - Develop palpation and observation skills to identify movement dysfunction in the lumbar spine, pelvic girdle and sacroiliac joint.
 - Perform selected intervention strategies for the pelvic girdle and sacroiliac region based on the examination and current evidence.
 - Perform selected intervention strategies for the lumbar spine based on the examination and current evidence.
 - Develop a comprehensive rehabilitation program while incorporating muscle energy techniques/isometric mobilizations, functional assessment, joint mobilizations, movement re-education and exercise.
 - Incorporate slow velocity and high velocity thrust techniques (to include rotations in neutral, flexion and extension) into the treatment strategy.
 - Prescribe proper lumbopelvic stabilization exercises for hypermobile lumbopelvic patient presentations.

Registration Form



Name

Profession

Home

Address

City

State

Zip

Credit Card

Exp.date

Phone (required)

e-mail (required)

Location of attendance

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.