

Current Concepts in the Management of the Lumbar Spine

INSTRUCTOR: ROBERT C. RINKE, DC, PT

\$295.00

Contact hours: 13.0

Course Description:

This is a course in which the emphasis is on training the physical therapist with a hands-on approach to examination and treatment of musculoskeletal dysfunctions. Following a brief lecture of clinically relevant anatomy and pathology, the course will feature manual methods of examination and treatment of the lumbar spine and related areas. The majority of the class will be hands-on experience. Regional provocation and alleviation will be introduced. Participants should wear clothing that will allow examination and treatment of lower thoracic and lumbosacral regions.

Recommended equipment: fixation belt.*

Course Objectives:

Upon completion of the course the participants will be able to:

- discuss musculoskeletal pathology for the lumbar spine.
- use a subjective examination to guide the objective examination and treatment.
- discuss general regional rule in and or rule out provocation techniques.
- evaluate joint dysfunction of the intervertebral joints.
- evaluate the lumbar and surrounding soft tissues.
- demonstrate specific, appropriate soft tissue treatment techniques.
- demonstrate intervertebral joint mobilization techniques.
- introduce important concepts of therapeutic exercise as a major component of successful low back rehabilitation.
- discuss concepts of patient management including physical therapy gym programs and home exercise prescription.

SATURDAY 11am to 6pm

- 10:45 Registration
- 11:00 Introduction; course overview
- 11:30 Anatomy, Biomechanics, Pathology of Lumbar Spine
- 12:30 Observation/Inspection
- 1:15 Break
- 1:30 Neurological, Observation/ROM general vs. specific
- 1:50 Subjective Examination
- 2:15 Segmental Passive Movement Testing: lumbar
- 3:15 Treatment Strategies: Joint Mobilization: flexion, extension, traction
- 4:00 Break
- 4:20 Treatment Strategies continued: Joint Mobilization: flexion, extension, traction
- 5:00 Treatment Strategies: Soft Tissue Treatment: lumbar general, specific
- 5:55 Summary, questions, preview Day 2

SUNDAY 8am to 2pm

- 8:00 Review: Segmental Passive Movement Testing, Treatment Strategies: Soft Tissue, Joint Mobilization
- 9:45 Specific Therapeutic Taping: lumbar
- 10:00 Break
- 10:20 Treatment Strategies: Specific Muscle Stretching: hamstrings, rectus femoris, psoas, others
- 11:00 Specific Therapeutic Exercise Training: for Position Sensitivity
- 11:30 Break
- 11:45 Specific Therapeutic Exercise Training: for Load Sensitivity
- 12:20 Specific Therapeutic Exercise Training: for Lumbar Dysfunction: circuit