

Current Concepts in the Management of Soft Tissues of the Lower Quarter

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 treating soft tissues of the lower quarter region. Following a brief lecture of clinically relevant anatomy and pathology, the course will feature thorough specific manual methods of assessing and treating the soft tissues of the lower quarter and related areas. The majority of the class will be hands-on experience involving various soft tissue treatment techniques and specific muscle stretching. Participants should wear clothing that will allow assessment and treatment of the low back and lower extremity regions. Recommended equipment: fixation belt. These can be ordered from OPTP: 1-800-367-7393 (catalog # 602).

Course Objectives:

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

- discuss relevant musculoskeletal anatomy and pathology for the lower quarter.
- evaluate the lower quarter and surrounding soft tissues.
- evaluate the indications for soft tissue technique selection based on patient presentation.
- demonstrate appropriate soft tissue treatment techniques.
- evaluate the indications for specific muscle stretching technique selection based on patient presentation.
- demonstrate appropriate specific manual muscle stretching techniques.
- evaluate the indications for patient self-stretching technique selection based on patient presentation.
- demonstrate appropriate self-stretching technique instruction based on patient presentation.

SATURDAY 9am to 6pm

9:00	Introduction; course overview
9:30	Anatomy, Biomechanics of the Region
10:30	Subjective Examination
11:00	Observation/Palpation
11:45	Provocation and Alleviation: regional rule-out, upper C-
12:30	Break
1:00	Provocation and Alleviation: lower C-, CTJ
2:30	Provocation and Alleviation: T-
3:15	Break
3:40	Segmental Passive Movement Testing: upper C-, begin lower C-
4:50	Segmental Passive Movement Testing: complete lower C-, CTJ, T-
6:00	Summary, questions