

Examination & Intervention for the Lumbopelvic Complex



We are pleased to announce a clinical education course scheduled for your area!
A course description has been attached.

DATES: February 18-19, 2012

INSTRUCTORS: Joshua Hayes, PT, DPT, OCS

LOCATION: NovaCare
15900 Snow Road
Brook Park, OH 44142

TARGET AUDIENCE: PT, PTA, SPT

INSTRUCTIONAL LEVEL: Intermediate

TUITION: \$395 Waived for full time employees of Select Medical's Outpatient Division

COURSE CAPACITY: 25 (allocated on a first come first serve basis)

CONTACT HOURS: 13.25

ACCREDITING BODIES: Approved provider with NATBOC, AOTA & the Ohio Physical Therapy Association

ENROLLMENT:

<http://smportal/Departments/OutpatientDivision/OutpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx> or contact emelton@selectmedical.com for an application form

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0179 or email emelton@selectmedical.com.

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Please distribute to all clinicians in your markets that do not have access to email or the intranet.

Select Medical Department of Outpatient Education
1794 N. Parham Road, Richmond, VA 23229
Phone: (804) 290-0179 Fax: (717) 635-3054

Examination & Intervention for the Lumbopelvic Complex



Course Description:

This program is designed to provide clinicians with the most recent evidence on the lumbo-pelvic complex. The primary focus of this course is on the sacroiliac joint with ancillary attention to the associated structures. A comprehensive review of the anatomy and biomechanics is provided, after which the clinician will be provided with an evidence-based examination process. Based on the APTA format, participants will discuss the examination, evaluation, diagnosis, prognosis, and intervention for this portion of the spine. The intervention portion of this class will discuss manual techniques, including mobilization and manipulation. Additionally, exercise concepts and techniques as well as adjunctive therapies will also be discussed. This course utilizes both lecture and lab sessions, with the emphasis being on lab sessions.

Target audience: PT, PTA, SPT

Instructional Level: Intermediate

Learning Objectives: At the conclusion of this course, the participant will:

- Describe the functional anatomy of the lumbo-pelvic complex and its relation to sacroiliac dysfunction and lumbar dysfunction.
- Describe the mechanical relationship of the pelvis, hip, and lumbar spine with normal movement patterns.
- Relate biomechanics of the lumbo-pelvic complex to patient examination and intervention as demonstrated through case scenario and participant interaction.
- Identify potential relationship between dysfunction and abnormal joint and neuromuscular behavior of the lumbo-pelvic complex as demonstrated on a course participant or faculty member.
- Perform a comprehensive examination of the lumbo-pelvic complex as demonstrated on a course participant or faculty member.
- Describe theory and application of mobilization and impulse manipulative techniques, understanding the indications and contraindications to this intervention.
- Treat lumbo-pelvic complex dysfunction with appropriate interventions including mobilization, manipulation, neuromuscular treatments and other complimentary therapies as demonstrated on a course participant or faculty member.
- Use evidence-based exercise application for treatment of lumbo-pelvic dysfunction as it relates to anatomical/biomechanical abnormality.

ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.

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AGENDA

Saturday

- 7:30 Registration
- 8:00 Introduction and Course Objectives
- 8:30 Anatomy of the Lumbo-Pelvic Complex
- 9:15 Biomechanics of the Lumbo-Pelvic Complex
- 10:00 Break
- 10:15 Classification Systems of the Lumbo-Pelvic Complex
- 11:00 Examination of the Lumbo-Pelvic Complex
- 12:00 LUNCH
- 1:00 Examination Lab
- 2:30 Clinical Decision Making for the Lumbo-Pelvic Complex
- 3:00 Break
- 3:15 Manual Intervention Techniques for the Lumbo-Pelvic Complex - Mobilization
- 4:00 Manual Intervention Techniques for the Lumbo-Pelvic Complex - Manipulation
- 5:30 Questions
- 6:00 Adjourn

Sunday

- 8:00 Questions/Review Examination and Intervention Techniques
- 8:30 Manual Intervention Techniques Lab
- 10:00 Break
- 10:15 Comprehensive Intervention of the Lumbo-Pelvic Complex
 - Exercise
 - Adjunctive Therapy (Bracing, Medical Management)
- 11:45 Questions/ Case Studies
- 1:00 Adjourn

Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers **13.25** contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

Ohio Physical Therapy Association



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