



Select Medical Outpatient Division
Clinical Education Department
1217 Ira E. Woods Avenue, Grapevine TX 76051
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TO: Managers and Clinicians
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP
DATE: 3/5/2010
RE: **EDUCATION PROGRAM ANNOUNCEMENT**
Current Concepts and Practical Clinical Applications

Please find below information regarding a clinical education course scheduled for your area:

COURSE: Evidence Based Examination and Intervention Strategies
for Patients with Low Back Pain

DATES: May 15-16, 2010

SCHEDULED INSTRUCTOR(s): Mark Butler, PT, MPT, OCS, Certified MDT
Medford, NJ

LOCATION: Select Physical Therapy
565 Lakeland Plaza
Cumming, GA 30040
Host Center Manager: Mike Stein
Host Contact: Destiny Hebert

DIRECTIONS: From Hwy19/400 North Coming from Atlanta. Take exit 14 toward Cumming. Cross the 400 and travel thru one stop light and take a left at the second stop light, this is Atlanta Hwy or Highway 9. Turn left into Lakeland Plaza. There is easy parking in front of the clinic. Atlanta Hartsfield Airport is approximately 40 miles from the clinic.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 15 contact hours of education. Participants will receive notification by e-mail or fax from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email linda.gilles@selectmedicalcorp.com

All participants are expected to attend the entire educational program. 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 Outpatient Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program. These expenses will be the responsibility of the attending participant and/or their facility.

**Evidence Based Examination & Intervention Strategies for Patients with Low Back Pain
May 15-16, 2010 – Cumming, GA**

Course Description:

Low back pain (LBP) is the reason for nearly 50% of all patients seeking physical therapy treatment. In the past, physical therapy interventions for LBP have largely been based on a pathoanatomical source of symptoms. High quality evidence from randomized clinical trials has failed to offer conclusive support for most interventions based on this model.

Recent research has shown promising results in treating patients with LBP based on classification of signs and symptoms and matching interventions to one of four patient sub-groups. In this course we will study and identify these sub-groups; matching them to evidence based interventions to enhance your management of LBP patients.

This course is a combination of lecture and lab where you will learn lumbo-pelvic manipulation techniques and the patients which will benefit most from them. You will also learn examination strategies for detecting a directional preference and segmental spinal instability; and interventions including mobilizations, muscle energy techniques, and classification specific exercises. Loose comfortable clothing is required. **15 Contact Hours**

Target Audience: PT, PTA, ATC, SPT **Instructional Level:** Multiple

Course Objectives

At the conclusion of this presentation the participant will be able to:

Knowledge

- Participants will list the functional anatomy of the lumbo-pelvic complex
- Participants will list the four classifications of low back pain

Comprehension

- Participants will describe the criteria for each low back pain classification area
- Participants will describe the clinical prediction rules available for each classification area

Application

- Participants will apply the proper evidence based intervention using the classification system
- Participants will learn and apply lumbo-sacral manipulation techniques based on clinical prediction rules
- Participants will apply the proper exercise interventions based on clinical prediction rules

Analysis

- Participants will differentiate between patients with spinal instability and those that would benefit from spinal manipulation
- Participants will determine if a directional preference exists
- Participants will determine if a sacroiliac joint dysfunction exists

Synthesis

- Participants will treat low back dysfunction using evidence based and complimentary therapies

Evaluation

- Participants will learn evaluation strategies to determine if a directional preference or centralization condition exists
- Participants will learn how to evaluate for segmental spinal instability
- Participants will learn how to evaluate for sacroiliac joint dysfunction

DAY ONE

7:30 – 8:00	Registration
8:00 – 8:30	Introduction and Course Objectives
8:30 – 9:00	Anatomy Overview
9:00 – 10:00	Sub-Groups of Patients with Low Back Pain
10:00 – 10:15	Break
10:15 – 11:00	The Sacroiliac Joint (SIJ)
11:00 – 12:00	SIJ Palpation and Examination Lab
12:00 – 1:00	Lunch
1:00 – 2:00	Manipulation Sub-Group
2:00 – 2:15	Break
2:15 – 4:00	Manipulation Lab
4:00 – 4:30	Traction Sub-Group
4:30 – 5:00	Wrap Up Q & A

DAY TWO

8:00 – 8:30	Review Q & A
8:30 – 9:30	Specific Exercise Sub-Group: Directional Preference & Centralization (DP&C)
9:30 – 9:45	Break
9:45 – 11:30	Examination Lab for DP&C
11:30 – 12:00	Force Progression Concept
12:00 – 1:00	Lunch
1:00 – 2:30	Specific Exercise Sub-Group Interventions Lab
2:30 – 2:45	Break
2:45 – 3:00	Stabilization Sub-Group
3:00 – 4:00	Examination Lab for Stabilization Sub-Group
4:00 – 4:30	Stabilization Sub-Group Interventions Lab
4:30 – 5:00	Wrap Up Q & A

Instructor(s) Biography:

Mark is a board certified Orthopaedic clinical specialist and McKenzie certified specialist for mechanical diagnosis and treatment of the spine. He started his own practice eighteen months after graduating from the Philadelphia College of Pharmacy and Science (now the University of Science in Philadelphia), which he sold to NovaCare in 1997. He is Adjunct Faculty at Rutgers UMDNJ and guest lecturer at Stockton College in New Jersey where he lectures on Advanced Orthopedics, Neural Mobilization, Radiology, Evaluation and Treatment of the SI Joint, and Evaluation and Manual Treatment of the Cervical Spine. Mark is also a continuing education speaker on Evaluation and Treatment of Brachial Plexopathies, Neural Mobilization, Evidence Based Evaluation and Treatment of the Lumbar Spine, and Examination and Treatment of the Shoulder. He was honored with the James Tucker Excellence in Clinical Practice and Teaching Award by the APTAnj for 2006. He presented at the national conference in Hollywood of the American Society of Hand Therapists on Evaluation and Treatment of the Brachial Plexopathy Patient. His lecture series was selected as the featured topic on CD ROM to be available to the ASHT membership. Mark authored the chapter on the shoulder in the textbook Fundamentals of Hand Therapy: Clinical Reasoning and Treatment Guidelines for Common Diagnoses of the Upper Extremity, which was published in 2006. He continues to manage the NovaCare Medford outpatient clinic, where the majority of his caseload is brachial plexopathy, shoulder, and spine patients. When not at work, he spends as much time as possible with his beautiful wife and two darling daughters.

Instructor(s) Disclosure Statement: The presenter has declared that he does not have any financial interest or other relationship with the manufacturers or providers of services that may be discussed in the course.

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 15 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.

Physical Therapy Association of Georgia



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.