

Innovative Management of the Lumbar Spine: Maximizing Outcomes in Fewer Visits

INSTRUCTORS: Kristin Carpenter & Jeff Ryg • *MEND Physical Therapy* • Boulder, CO • Lafayette, CO



Course Description & Objectives

This 1-day, case-based course is designed to improve your effectiveness in the clinic managing patients with low back pain. Participants will learn the most up to date evidence regarding differential diagnosis, examination, and intervention techniques. Majority of course time and emphasis will be placed on lab sessions to improve efficiency and outcomes in the clinic on Monday. Participants will learn unique and effective manual therapy and exercise interventions for the lower quarter based on sound clinical reasoning through case based learning and pattern recognition.

Upon completion of this course, participants will be able to:

- 1) Report best practice evidence based evaluation and treatment techniques during case study discussions and lab sessions
- 2) Perform differential diagnosis of low back symptoms during lab sessions and case studies
- 3) Describe and accurately perform clinical lower quarter special tests with known diagnostic utility during lab sessions
- 4) Given the most current evidence, design a treatment plan and perform interventions for patients with low back pain during lab sessions and case studies
- 5) Perform manual therapy and exercise interventions based on case presentations during lab sessions

Course Schedule

SATURDAY • APRIL 1, 2023

- 730–8a Registration and Pre Test
- 8–9a Introduction and Differential Diagnosis of Low Back Pain (LBP)
- 9–10a Subjective Exam: The Foundation for Accurate Diagnosis and Clinical Efficiency
- 10–1015a BREAK
- 1015–12p Objective Exam: Case Based Clinical Reasoning and Recognition of Common Clinical Patterns
- 12–1p LUNCH on your own
- 1–2p Manual Therapy Interventions: Lumbar Directed
- 2–3p Manual Therapy Interventions: Hip Directed
- 3–315p BREAK
- 315–4p Manual Therapy: Passive to Active Progressions
- 4–5p Using Exercise to Confirm Hypotheses and Treat Clinical Patterns
- 5–530p Q&A and Post Test

Course Details & Registration

LOCATION: **Regis University**
Peter Claver Hall, Room 409
3333 Regis Blvd
Denver, CO 80221

TUITION: **\$225 APTA CO Members**
\$275 Non-Members
\$100 DPT Students

HOURS: 8 hours = 8 CEU

REGISTER ONLINE:

www.coloradophysicaltherapists.org/calendar

INSTRUCTORS: **Kristin Carpenter**
(*read bios on* mendcolorado.com)

Jeff Ryg
PT, DPT, OCS, CSCS, ATC, FAAOMPT

QUESTIONS: chris@integralphysicaltherapy.org

PROCEEDS BENEFIT: **Colorado APTA
Political Action
Committee (PAC)**

