

# Manual Therapy for Low Back

April 20, 2018



## COURSE DESCRIPTION:

Low back pain is one of the most prevalent and costly ailments seen in a variety of healthcare settings. Diagnosing and treating low back pain can be challenging and frustrating. Due to the complex nature of the lumbosacral region, the root cause of lower back pain is often elusive. This course intends to simplify evaluation and treatment for the most common lumbar and sacroiliac joint dysfunctions from a manual therapy perspective. This is a hands-on course that is meant to impart a streamlined approach for care of the lower back that can be applied to both acute and chronic conditions. Manual techniques that will be covered in this course include muscle energy, mobilization, articulation, and manipulations. A brief overview of Pilates-based stabilization exercises will also be covered to ensure long-term effectiveness of the manual corrections. It is intended that each course attendee be able to immediately utilize the covered techniques to improve their clinical efficiency.

## LEARNING OUTCOMES:

Understand basic anatomy and the pathomechanics of low back pain

Understand the basic principles of manual therapy for the lumbar spine and SI joints

Identify adverse events and patterns of medication misuse

Demonstrate proper manual therapy evaluation for a lower back patient

Easily identify the most common low back dysfunctions

Demonstrate proper manual therapy treatment techniques for a lower back patient



## INSTRUCTOR:

Ted German, PT, AAS, BA, DPT, CIMT, CPRS has over 18 years of experience in outpatient orthopedic physical therapy and has taught dozens of manual therapy courses all over the country. He currently works at Group Health Cooperative in Madison, WI as a spine specialist. He also works in the Urgent Care Physical Therapy department at GHC and is currently developing an Acute Low Back Pain program. Dr. German's education includes a Doctorate in Physical Therapy from St. Catherine University, Minneapolis, MN; a Bachelor of Arts in Kinesiology from Concordia University, St. Paul, MN; and an Associate of Applied Science in Physical Therapy from Lourdes College, Sylvania, OH. He is a Certified Integrated Manual Therapist and a Certified Pilates Rehabilitation Specialist. He is a member of the American Physical Therapy Association's Orthopedic Section. Dr. German's other significant teaching experiences include guest lectures on "Pilates for Rehabilitation" for St. Catherine University's Orthopedics Department and "Risk Factors for Patellofemoral Pain Among Females" at the APTA's Combined Sections Meeting.



PROGRAM NUMBER: 10407

CEUs: 0.7 (Contact Hours: 7 hours)

PRICE: \$255 (before/on 3/20/18)  
 \$295 (after 3/20/18)

LEVEL: Introductory

DATE: **Friday, April 20th, 2018**

8:00 a.m. to 4:00 p.m.

LOCATION: UW-Milwaukee School of Continuing Education  
 161 West Wisconsin Avenue, Milwaukee, WI 53203

CONTENT FOCUS:

Domain of OT:  
 Areas of Occupation

Occupational Therapy Process:  
 Evaluation, Intervention,

AUDIENCE:

OTs, OTAs, PTs, PTAs, ATs

QUESTIONS? CONTACT US

# Manual Therapy for Low Back

Instructor: Ted German, PT, AAS, BA, DPT, CIMT, CPRS  
Friday, April 20, 2018

## Agenda

- 8:00 AM Principles of Manual Therapy
- 10:00 AM Break
- 10:10 AM Manual Therapy Assessment Hands-On Lab
- 11:10 AM Manual Therapy Treatment Hands-On Lab
- 12:00 PM Lunch (on your own)
- 12:45 PM Manual Therapy Treatment Hands-On Lab - Continued
- 3:00 PM Break
- 3:05 PM Pilates-Based Therapeutic Exercise Lecture
- 3:35 PM Discussion; Question and Answer
- 4:00 PM Adjourn