COURSE DATE: October 15th, 2021

TITLE: Comprehensive Manual Therapy for Low Pack Pain

GOAL OF COURSE:
To assess the major contributing factors to your patient's back pain and to learn the corresponding manual treatment to address each.

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.

OUTCOMES:
1. Understand basic anatomy and the pathomechanics of low back pain
2. Understand the basic principles of manual therapy for the lumbar spine and SI joints
3. Demonstrate proper manual therapy evaluation for a lower back patient
4. Easily identify the most common low back dysfunctions
5. 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.

LEVEL: Introductory

AUDIENCE: Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Athletic Trainers
AGENDA:

- 7:30am  Registration Opens
- 8:00am  Principles of Manual Therapy
- 10:10am Break
- 10:10am Manual Therapy Assessment hands-on lab
- 11:10am Manual Therapy Treatment hands-on lab
- 12:00pm Lunch (on your own)
- 12:45pm Manual Therapy Treatment hands-on lab continued
- 3:00pm  Break
- 3:05pm  Pilates-based therapeutic exercise lecture
- 3:35pm  Discussion; Question and Answer
- 4:00pm  Adjourn

*Agenda reflects 7 credit hours; awarded credit hours for course does not include breaks and lunch period.

PRE-COURSE ASSIGNMENT: None

What to wear: comfortable, flexible clothing; please dress in layers as it is not always easy to regulate the temperature of large meeting rooms.

FOCUS: Domain of OT: Client Factors
Occupational Therapy Process: Intervention and Outcomes

Course #: 102011-14010

Pricing: $255 before 9/15/2021 $295 after

CEUs and Clock Hours: 0.7 CEU’s (7 Clock Hours)

Location:

UWM School of Continuing Education
161 W Wisconsin Ave; 7th Floor
Milwaukee, WI 53203

Register Online: http://bit.ly/ce14010