

COURSE DATE: October 4, 2024

TITLE: Comprehensive Manual Therapy for Low Back 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 24 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:

7:30 AM	Registration Opens
8:00 AM	Principles of Manual Therapy
10:10 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

*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.

Content Focus:

Domain of OT: Client Factors

Occupational Therapy Process: Intervention and Outcomes

Course #: 1010-16362

Pricing: \$325 by 9/4/2024; \$375 after 9/4/2024

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