Title: Physical Therapy in 3D - Integration of Functional Exercise and Manual Therapy for the Lumbar Spine
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Course Description:
Approaches addressing low back pain has advanced over the past decade. There are several contributing factors including a broader understanding of core stabilization, lumbar biomechanics and recognizing the biopsychosocial effects of long term low back pain. There also has been a push for evidence based practice including clinical prediction rules, functional assessment codes and pain questionnaires. Trying to keep pace with all the changes in medicine while providing effective and efficient care is becoming a greater challenge.

This seminar will review the current evidence, review the biomechanics of the lower quadrant (TL junction, Lumbar Spine, SI joint and Hip) and demonstrate collaborative assessment and treatment techniques and functional home program strategies. The clinical assessment and treatment techniques, which will be demonstrated, can be utilized in the clinic immediately. By functionally evaluating and treating our patients through a collaborative approach both the treating therapist and the patient will feel empowered and the treatment itself will be more effective.

Course Learning Objectives:

1. Review current evidence and advances in evaluation and treatment of low back pain.
2. Discuss the biopsychosocial approach to addressing low back pain and its application in a busy clinical setting.
3. Explain how habitual postures impact the neuromuscular system and its support of the lumbar spine and above and below and how they adversely impact its functional ability.
4. Demonstrate assessment techniques for the lumbar spine using a collaborative approach.
5. Demonstrate treatment techniques and implementation of an effective self-management program for the lumbar spine using a collaborative approach.
6. Review different technologies which are available to assist the patient’s understanding of their condition and how to improve adherence to a self-management program.
### Tentative Outline of time and content:

<table>
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<tr>
<th>Section 1 – 1 Hour</th>
<th>Introduction</th>
<th>Advances in Lumbar Spine Approaches</th>
<th>Collaborative Lumbar Scanning Examination</th>
<th>Brief review of Classification of LBP</th>
<th>Introduction to current concepts and how treatment and assessment of the lumbar spine have advanced. Presentation of a patient and therapist collaborative approach during the scanning examination.</th>
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<tr>
<td>Section 2 – 1 Hour</td>
<td>Quick Tests for Assessing Lumbar Stability</td>
<td>Lab – Quick Tests and Treatment Integration</td>
<td>The quick tests portion, will present tests for each classification level. This will tie into the lab portion of the course so students will have a clear picture on the key test to perform for each level. Also, what tissues are being stressed, or which system is being challenged (neuromuscular, ligamentous, articular).</td>
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<td>Section 3 – 1 Hour</td>
<td>From Manual Therapy to Neuromuscular Reeducation to an effective home management program.</td>
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<td>This section will be an interactive, addressing treatment for each classification category and integrating the appropriate functional activity (exercise). Key portions of gait, twisting in standing and squatting will be presented.</td>
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### Key References: Minimum of 5 current references (less than 5 years old):


Approved by the APTA of MA Board of Directors: Feb 2011


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