



Baylor University

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Evidence-based Examination and Selected Interventions for Patients with Lumbopelvic Spine & Hip Disorders

Description

Patients with low back and pelvic/hip pain make up nearly 50% of all patients receiving outpatient physical therapy. Join your colleagues in this hands-on, evidence-based course that integrates your clinical expertise with the most the current perspectives in physical therapy clinical examination and interventions for the lumbar spine, pelvis, and hip. Spend two days refining and advancing your skills in clinical examination, evaluation, diagnosis, and selected interventions. Extensive laboratory sessions are included throughout the two days to achieve proficiency in selected manual physical therapy interventions, with an emphasis on high-velocity thrust manipulation. This course is open to licensed physical therapists only.

Approach

A combination of lecture and lab session will be utilized to facilitate participant learning. Participants will receive hands-on demonstration and practice of both examination and selected interventions of the lumbar spine, pelvis, and hip. The lab focuses predominantly on becoming proficient in a core set of spinal manipulation procedures. However, exercise strategies that complement a manual therapy approach are integrated throughout. A small group testing session will be conducted on the beginning of Day 2 to review the examination and interventions learned in Day 1. A "round-robin" format will be used where course faculty monitor the performance of each participant and provide feedback accordingly. In our experience, these sessions have been consistently rated among the highest by course participants.

Objectives

Upon completing this course, you'll be able to:

1. Incorporate information from self-report measures and the history and physical examination to guide evidence-based decision-making.
2. Demonstrate clinical examination skills.
3. Synthesize examination findings to establish an accurate diagnosis and prognosis.
4. Select and demonstrate manual physical therapy and exercise interventions based on current best evidence.

And most importantly, be able to apply this stuff to your clinical practice next week!!!!



Appropriate Dress

Participants are asked to bring appropriate attire for lab sessions (i.e. shorts and t-shirts and sports bras for women) and air-conditioned environments throughout the day (i.e. warm-up or work-out clothes).

Outline

Day 1

8:00-8:15 AM	Introduction & Course Overview
8:15-9:00	LBP Revolution/Evidence Summary
9:00-10:00	Classification of LBP
10:00-10:15	Break
10:15-10:45	Manipulation Prediction Rule
10:45-12:00	Physical Examination
12:00-1:00 PM	Lunch
1:00-3:00	Lumbopelvic Interventions Lab
3:00-3:15	Break
3:15-4:45	Lumbopelvic Interventions Lab
4:45-5:00	Review & Questions/Answers

Day 2

8:00-9:30 AM	Small Group Testing
9:30-9:45	Pop, Motion Palpation, and Specificity
9:45-10:15	Harm & Risk Considerations
10:15-10:30	Break
10:30-12:00	Hip Examination & Mobilization Lab
12:00-1:00 PM	Lunch
1:00-3:00	Hip Mobilization & Exercise Lab
3:00-3:15	Break
3:15-4:45	Open Review Lab
4:45-5:00	Review & Questions/Answers

Contact hours: 1.5

Lecture: 6

Lab: 9