



THE LOWER QUARTER

Evidence-Based Assessment and Manual Therapy Treatment with a New Zealand Approach

There are a number of rationales addressing the treatment of the lower quarter. This course takes some of the New Zealand approaches and ties them into the eclectic evidence-based North American approach.

The lower quarter is an interesting region of the body. This course will address the interactions of each of the joints in this area, along with the muscular and fascial structures. This is a comprehensive course designed to provide the participant with the knowledge of orthopedic manual therapy skills, in addition to an understanding of the three core regions of the body and in particular the two that directly affect the lower quarter.

The methods taught will allow the participant to distinguish between pain and dysfunction that is stemming from the lumbar spine, pelvis or hip. For example, is their condition a result of piriformis syndrome or is it a sacral torsion lesion? Is it a trochanteric bursitis or lumbar dysfunction?

An orthopedic manual therapy approach is presented as an effective means of restoring normal, accessory and physiological movement to the joints. The foot, ankle, knee, hip and lumbar spine are assessed for hypo- and hyper-mobility and then treated accordingly. Clinically functional mobilization techniques are taught, which are more practical versions of the traditional Kaltenborn and Maitland approaches, with the introduction of other techniques, which have been recently developed.

This is a very practical course for a clinician in the outpatient setting.

COURSE OBJECTIVES

- Assess the contributing factors of joint dysfunction
- Assess primary and secondary joint dysfunction
- Effectively treat hypo- and hyper-mobile extremity joints
- Use quick and effective tests to determine which joint is involved
- Determine if there is a lumbar-pelvic component
- Apply effective taping techniques to the lower extremity
- Advise the patient in home management
- Identify contra-indications of treatment

COURSE SCHEDULE – 1.75 days

DAY ONE

- 7:15 *Sign in and breakfast*
- 8:00 Introduction to orthopedic manual therapy
- 9:00 Implications of lower extremity imbalance
- 9:30 The six syndromes of the lumbar spine and pelvis
- 10:00 *Break*
- 10:10 Examination and testing of the pelvis, hip and lumbar spine
- 11:00 Treatment of lumbar derangement syndrome
- 12:00 *Lunch (on own)*
- 1:00 Treatment of dysfunction, combination, instability and stenosis syndromes
- 2:30 *Break*
- 2:40 Treatment of the pelvis
- 4:00 Application of lumbo-pelvic core stability
- 5:00 *End of day one*

DAY TWO

- 7:30 *Breakfast*
- 8:00 Application of lower extremity core stability
- 9:00 Examination of the hip
- 10:00 *Break*
- 10:10 Treatment of the hip
- 11:00 Examination of the knee
- 11:30 *lunch (on own)*
- 12:00 Treatment of the knee
- 01:00 Examination of the foot and ankle
- 01:45 Treatment of the foot and ankle
- 02:30 *Integration of core stability and joint interplays*
- 03:00 *End of course*