

THE LUMBAR SPINE AND PELVIS

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

As physical therapist we have the tools to be the most effective group treating this body region. Using evidence and syndrome based practice this course brings together the proven rationales from New Zealand and combines them with what is known in the USA.

The participant is introduced to the 'Treatment-Based Classification System' based on McKenzie's three syndromes but expanded to six to include the pelvis and others. Classification systems have been shown to be more effective than the traditional medical pathological assessment system. A comprehensive subjective examination system is introduced. This subjective system allows the patient to be placed into one of the six syndromes. (They almost classify themselves)

The treatment concepts taught include proven techniques and rationale, such as mobilization, direction specific exercise, core stability, centralization rationale and pelvic positional fault correction. An effective, functional and valid treatment system for the lumbar spine and pelvis is presented and able to be used in a clinical setting immediately.

This course brings together the best of both worlds in an effective and clinic ready format.

There are handouts and videos available to course participants for all of the techniques.

This material relates to physical therapy by providing the participant with the most up to date evidence based practice and management of lumbar spine and pelvic problems seen in the outpatient physical therapy setting.

COURSE OBJECTIVES

- Apply a clinical and evidence-based manual therapy approach to the lumbar spine and pelvis
- Effectively treat common conditions of the lumbar spine and pelvis, seen daily in the clinical setting, with proven techniques.
- Assess pain and dysfunction arising from the hip, lumbar spine and pelvis
- Effectively assess and treat lumbar derangement, dysfunction, combination, stenosis and instability syndromes
- Effectively assess and treat pelvic girdle dysfunctions, such as innominate rotations, bilateral sacral lesions and torsions, by utilizing new practical muscle energy techniques based on movement restrictions instead of small palpation abnormalities
- Apply derangement centralization rationale, mobilization, muscle energy, *posttation* and manual traction as treatment for the most effective results possible
- Progress treatment as it is appropriate to a specific patient's condition

COURSE SCHEDULE – 1.75 days

DAY ONE

- 7:15 *Sign in and breakfast*
- 8:00 What is evidence-based practice?
- 8:30 Current clinical guidelines
- 9:00 What the evidence tells us about manual therapy
- 9:45 Evidence-based classification of conditions
- 10:20 *Break*
- 10:30 Underlying conditions
- 11:00 Subjective examination
- 12:00 *Lunch (on own)*
- 1:00 Objective examination, including basic and advanced options
- 3:00 *Break*
- 3:10 Treatment concepts, including Maitland mobilization, disc centralization rationale, physiological overpressure mobilization, muscle imbalance and a stability program
- 3:30 Derangement syndrome treatment, evidence-based approach
- 5:00 *End of Day One*

DAY TWO

- 7:30 *Breakfast*
- 8:00 Dysfunction syndrome treatment
- 9:00 Combination syndrome treatment
- 9:30 Pelvic girdle treatment: positional faults, evaluations and treatment of ilio-sacral and sacro-iliac lesions
- 10:30 *Break*
- 10:40 Pelvic girdle treatment continued
- 12:00 *Short lunch (on own)*
- 12:30 Lumbo-pelvic instability, evidence-based treatment approach and discussion of spondylolithesis treatment
- 2:00 Stenosis treatment
- 3:00 *End of Course* (14 hours)