

*Education is Therapy...*

# THE LUMBAR SPINE: A MANUAL THERAPY & PAIN SCIENCE APPROACH

NOVEMBER 12 & 13, 2016  
DES MOINES UNIVERSITY, DES MOINES, IA

This 2 day /15 hour course looks at the latest, best evidence for treating LBP both medically and therapeutically. This course focuses on the physical dysfunction of the Lumbar Spine and its physical evaluation and treatment. The course is designed to provide the clinician with the skills to diagnose common lumbar spine pathologies, recognize subjective and objective signs and symptoms of common lumbar spine pathologies, determine the necessary precautions and contraindications and design comprehensive treatment protocols, both

manual and exercised based. New and updated clinical pathology of the lumbar spine form the framework from which lumbar pathologies and pain patterns are discussed.

Physical therapy treatment, as well as medical interventions and diagnosis such as MRI, CT scan, X-Ray, etc. will be discussed in relation to the new and updated research information. The material covered in this course is immediately applicable in the clinic and covers common conditions such as disc lesions, nerve root pain, facet joint injuries, spinal stenosis, spondylolisthesis, SIJ dysfunction and more to be discussed in depth. Clinicians will be instructed in safe and effective handling skills during the evaluation and treatment of the Lumbar Spine.

Treatments covered include education, joint mobilization, traction, neural tissue mobilization, soft tissue treatments, and exercise. This course is only open to Physical Therapists.

## Upon completion of this class, attendees will:

1. Share the clinical pathology of the Lumbar Spine covered in the course manual during lecture and lab to assist with evaluation and treatment of lumbar spine patient
2. After review of lecture material be able to conduct subjective evaluation by covering all five categories for a lumbar spine patient
3. Be able to demonstrate an independent physical examination of the Lumbar Spine and associated structures as covered in lecture and performed in lab sessions
4. Plan a comprehensive and effective treatment progression for the patient including joint mobilization, manipulation, exercises, advice/education, and medical treatment options as discussed during lecture and lab sessions
5. Perform manual therapy (neurodynamic, mobilization and manipulation) techniques directed toward the treatment of lumbar spine conditions safely and skillfully as observed during lab sessions

### Day 1: SATURDAY 8AM – 6PM

8:00 - 8:15	Introduction and welcome
8:15 – 9:45	Clinical Reasoning and the Maitland Concept
9:45 – 10:00	Break
10:00 – 10:45	Clinical Anatomy and Pathology for the Lumbar Spine
10:45 – 11:30	Lab: Palpation of the Lumbar Spine
11:30 – 12:15	Lumbar Spine Subjective Examination
12:15 – 12:45	Imaging of the Lumbar Spine
12:45 – 1:45	Lunch
1:45 – 4:00	Lab: Lumbar Spine Objective Examination
4:00 – 4:15	Break
4:15 – 4:30	Planning the Treatment
4:30 – 5:30	Lab: Lumbar Spine Mobilization
5:30 – 6:00	Lumbar Radiculopathy

### Day 2: SUNDAY 8AM - 4PM

8:00 – 8:45	Lumbar Disc Lesions
8:45 – 9:45	Lab: Lumbar Spine Mobilization & Neurodynamics
9:45 – 10:00	Break
10:00 – 10:30	Lumbar Facet Joint Dysfunction
10:30 – 11:00	Lab: Lumbar Spine Mobilization
11:00 – 11:30	Spinal Degeneration and Spinal Stenosis
11:30 – 12:00	Lab: Lumbar Spine Mobilization
12:00 – 1:00	Lunch
1:00 – 1:30SI	Joint Dysfunction
1:30 – 2:00	Lab: SI Joint/Lumbo-Pelvic Mobilization
2:00 – 2:45	Spinal Instability and Stabilization
2:45 – 3:00	Break
3:00 – 3:15	What you need to know about Lumbar Spine Surgery
3:15 – 3:45	The Chronic LBP Patient
3:45 – 4:00	Summary, Conclusion and Questions





**Debbie Rico PT, DPT, CSMT**

Debbie graduated from Florida International University with a B.S. in Physical Therapy and obtained her Doctorate of Physical Therapy from the University of Kansas Medical Center in 2012. In over 20 years of practice, she has accumulated extensive continuing education ranging from manual therapy to cardiac care to aquatic rehab. In addition, she is an adjunct faculty member of Rockhurst University in Kansas City, Missouri, where she teaches spinal manual therapy, and has been a guest lecturer at Washburn University on wound care. She teaches staff computerized documentation and has extensive clinical experience. Over the last 15 years, she has focused her career in outpatient orthopedics and completed her Certified Spinal Manual Therapy Certification through ISPI.

**International Spine and Pain Institute**

The International Spine and Pain Institute (ISPI) is a seminar company based in the United States of America which creates and implements cutting edge, high quality and research based education and resources for physical therapists related to spinal disorders, orthopedics, and neuroscience. ISPI believes in creating a superior educational experience by using up to date research material and implementing it into clinical practice. ISPI achieves this by combining sound clinical reasoning, manual therapy, and neuroscience in order to educate and support healthcare providers with real life clinical issues. This is achieved through weekend continuing education courses and evening lectures, a certification process, conference presentations and more. ISPI continually strives to promote, enhance, and energize the physical therapy profession.

**This Course is Open to the Professional Designation of PT only.**  
**This course is approved for 15 hours (1.5 CEUs) for PT in states that require pre-approval.**

**REGISTRATION INFORMATION**

**Lumbar Spine - Des Moines University | November 12 & 13 | Registration Cost: \$475**

NAME | PROFESSION | LICENSE NUMBER | EXP.

ADDRESS

CITY | STATE | ZIP CODE

PHONE | FAX

E-MAIL (REQUIRED)

PAYMENT: CREDIT CARD NUMBER | EXP. | 3 DIGIT SECURITY CODE | OR | CHECK #

SIGNATURE

If the credit card does not correspond to the above address, please provide the billing address. Make checks payable to: International Spine & Pain Institute

**Certification Policy:** CEUs for Physical Therapy are applied for only in the state in which the course is being held with the exception of CA and TX where we are an approved provider. Certificate of Attendance will be issued to participants upon achieving 80% competency of proficiency assessment at the completion of the course.

**Cancellation policy:** If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no other letter of credit will issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course nor for cancellation any time after the course start date.

**Institute Cancellation:** If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an "act of God" or other unforeseen circumstances, no refunds will be issued. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.

**Register online at [www.ispinstitute.com](http://www.ispinstitute.com)**  
**Mail, Fax or Call: International Spine and Pain Institute, PO Box 232, Story City, IA 50248**  
**Phone: 866-235-4289 | Fax: 515-733-2744 | [info@ispinstitute.com](mailto:info@ispinstitute.com)**