

Manual PT of the Spine: Examination and Treatment of Lumbopelvic Spine Disorders

Course Description:

Lumbopelvic spine disorders are commonly treated conditions in many venues of PT practice. Patients are frequently referred to Physical Therapy for treatment related to acute, chronic and post-operative conditions associated with low back pain. This course is designed to cover the kinematics of the lumbar spine, pelvis and hips. It describes common lumbopelvic spine disorders with a diagnostic classification system to guide clinical decision making. A detailed description with clear photographs of special tests, manipulation and exercise procedures is provided.

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Course content is 88 pages and includes many helpful illustrations, tables and photos.

Course Objectives:

Course Participants will be able to:

- A. Describe the significance and impact of lumbopelvic spine disorders
- B. Describe lumbar spine, pelvic and hip kinematics
- C. Classify lumbopelvic spine disorders based on signs and symptoms with focus on:
 - a. Lumbar hypomobility
 - b. Lumbar spine instability
 - c. Lumbar and Leg pain that centralizes
 - d. Lumbar spinal stenosis
 - e. Lumbar radiculopathy that does not centralize
 - f. SI joint dysfunctions
 - g. Chronic low back pain
- D. Describe interventions for lumbar spine, pelvic and hip disorders
- E. Complete and interpret lumbopelvic spine and hip procedures
- F. Describe contraindications and precautions for lumbopelvic spine manipulation
- G. Understand manipulation techniques for the lumbar spine, pelvis and hips
- H. Instruct exercises for lumbopelvic spine disorders

CEU Approvals:

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.