Lumbar Spine: Manual Therapy Management

Presenter: Dr. Jeff Moore PT,DPT,OCS,MTC,Cert-SMT

Date: September 19th, 2015

Location: Superior Physical Therapy

3899 W. Front St.
Traverse City, MI. 49684

Cost: MPTA Members: $150 (enter coupon code ‘MPTA’), Non-members $200

Lunch will be provided with registration

Register at www.instituteofclinicalexcellence.com or send a check payable to ICE to: 888 Evergreen Ct. Kingsford MI. 49802

Course Description:

This course will cover current best evidence in the physical therapy management of low back pain. Laboratory sessions will focus on the safe and effective delivery of thrust and non-thrust manipulation to the lumbar spine, sacroiliac joint, thoracolumbar spine, and lower ribs. Additional labs will cover an introduction to the McKenzie approach, pain science application, and exercise concepts. Mobility and motor control exercises will be included to complement the manual therapy techniques. Lecture material will summarize the developing body of literature regarding the subgrouping of lumbar spine patients, differential diagnosis of lumbar conditions, pain sciences, and subjective/objective examination based on clinical practice guidelines.

Target Audience:

Physical therapists, physical therapy assistants, doctors of medicine, doctors of osteopathy, university faculty
Contact Hours:

8 CEUs

Course Objectives:

1. Understand the risk factors associated with spinal manipulation and be able to screen patients properly using a thorough history and targeted physical examination
2. Perform a thorough objective examination using clinical practice guidelines and current best evidence to determine necessary data
3. Demonstrate an excellent understanding of current best evidence in regards to manual therapy, thrust and non-thrust joint mobilization techniques, in the treatment of patients with low back pain.
4. Demonstrate proper technique with lumbar mobilization and thrust manipulation to the lumbar and lower thoracic regions.
5. Demonstrate a proper lateral shift and be able to educate patient on home performance of shift correction
6. Be able to discuss the concept of central sensitization with a patient and establish a plan of care using graded exercise and graded exposure.

Course Schedule:

*Lunch will be provided with registration. There will be a brief Northern Michigan MPTA District meeting/MPTA update over lunch. A PT Pub Night social will follow the course for anyone interested in attending.

Morning:

* 8:00am-9:00: Subjective exam and clinical reasoning
* 9:00-9:30: Subgrouping and manual therapy
* 9:30-10:00: Lumbar manipulation safety
* 10:00-10:15: Break
* 10:15-11:15: Lab – Lumbar HVLAT
* 11:15- 12:00pm: MDT principles
* Lunch (provided) 12:00pm-1:00 MPTA Northern District Meeting / APTA update

Afternoon:

* 1:00pm-2:00 Managing Chronic LBP
* 2:00-2:30: Lumbar mobilization lab
* 230:300: SIJ evaluation and diagnosis
* 3:00-3:30 : SIJ HVLAT
* 3:30-4:00: Stabilization theory
* 4:00-4:30: Exercise Lab
* 4:30-5:00pm: Student demo / Review
Dr. Jeff Moore received his doctorate of physical therapy degree with high honors from the University of St. Augustine for Health Sciences in St. Augustine, Florida. After graduation Dr. Moore completed a rigorous spine and extremity program with Dr. Stanley Paris at the University of St. Augustine, culminating in his receipt of the Manual Therapy Certification (MTC). He then pursued another post graduate degree, this time from the American Academy of Manipulative Therapy, which trains clinicians to become experts in performing spinal manipulation. In 2011 Dr. Moore passed comprehensive written, oral, and practical exams which tested his knowledge and skills in spinal thrust manipulation resulting in his being granted the spinal manipulation certification (cert-SMT). Most recently Dr. Moore is training to become a fellow of the American Academy of Orthopedic Manual Physical Therapists (AAOMPT) through Evidence In Motion. The fellowship training is scheduled to be completed in the June of 2015.

Clinically, Dr. Moore has spent the past eight years working exclusively in outpatient orthopedics. From 2008 to 2011 Dr. Moore practiced in Bozeman, MT at Excel Physical therapy alongside colleagues with extensive manual training through the North American Institute of Orthopedic Manual Therapy and Kaiser Hayward programs. From 2011 to present Dr. Moore has been working in outpatient physical therapy in Iron Mountain, MI. at Back In Motion Physical Therapy. Dr. Moore currently balances his time between clinical practice, fellowship work, teaching with the Institute, and spending time with his wife and two kids.