

# AN EVIDENCE-BASED APPROACH TO ORTHOPAEDIC MANUAL PHYSICAL THERAPY OF THE LUMBO-PELVIC-HIP COMPLEX

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## Course Objectives:

- To understand the relationship between **structure & function** & its implications on the management of **low back pain**
- To appreciate the **efficacy & safety** for the use of **orthopaedic manual physical therapy** within the context of a comprehensive Examination & Intervention Scheme
- To obtain a basic level of proficiency in the performance of an **essential skill set** of effective OMPT techniques that can be immediately incorporated into clinical practice
- To discuss the **current best evidence** related to the use of OMPT for the management of low back pain

## Course Overview:

This interactive, hands-on continuing education experience is designed for the rehabilitation professional who is interested in pursuing innovative, effective, & eclectic strategies for the management of patients with low back pain. Throughout the seminar, an emphasis will be placed upon utilizing the current best evidence to support the Orthopaedic Manual Physical Therapy (OMPT) examination & intervention strategies that are proposed. Course content will include an integrated review of Lumbo-Pelvic-Hip Complex kinematics, a review of the current body of knowledge related to the OMPT management of low back pain, & instruction in an eclectic blend of effective OMPT techniques. The hands-on lab component will comprise the majority of the course & will focus on developing basic proficiency in a variety of OMPT techniques that may be immediately translated into clinical practice. An emphasis will be placed on clinical decision-making & the integration of manual techniques into a comprehensive examination & intervention plan.

## Course Schedule (15 contact hours):

### DAY #1 - Morning:

- **7:30 - 8:00** Registration
- **8:00 - 9:00** Introduction to Evidence-Based Practice & Orthopaedic Manual Physical Therapy (OMPT)
- **9:00 - 10:45** Functional Anatomy & Biomechanics of the Lumbo-Pelvic-Hip Complex (LPHC)
- **11:00 - 12:00** OMPT Examination of the LPHC

**DAY #1 - Afternoon:**

- 12:00 - 1:00 Lunch
- 1:00 - 2:00 OMPT Examination of the LPHC (cont'd)
- 2:15 - 5:00 OMPT Techniques for the Lumbar Spine

**DAY #2 - Morning:**

- 8:00 - 9:00 Classification & Differential Diagnosis of Low Back Pain
- 9:00 - 10:30 OMPT Techniques for the Pelvic Girdle
- 10:45 - 12:00 OMPT Techniques for the Pelvic Girdle

**DAY #2 - Afternoon:**

- 12:00 - 1:00 Lunch
- 1:00 - 3:00 OMPT Techniques for the Hip
- 3:15 - 5:00 Introduction to LPHC High Velocity Thrust Techniques