

FACULTY

Matthew G. Roman, PT, F.A.A.O.M.P.T., MHA is a certified orthopedic manual physical therapist and director of ambulatory care services at Duke University Medical Center. His clinical practice focuses on the evaluation and treatment of the shoulder complex, spine and sport specific injuries. In addition, Matt has been an Adjunct Assistant Professor in the Doctorate Physical Therapy Program for Duke University and has served as a clinical instructor with the Universities of North Carolina-Chapel Hill, Medical University of South Carolina and West Virginia. He is an experienced educator presenting seminars nationally in the areas of biomechanics, sports specific injury, the shoulder complex and spine rehabilitation. He has published on the subjects of tissue tension, capsular patterns and spondylosis. Matt is a clinician, researcher and educator, and considered to be one of the leading therapists in the care of shoulder, spine and sports specific injuries in the US.

AUDIENCE

This is an *intermediate level* workshop for PTs, ATCs & LPTAs. NOTE: *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

EDUCATIONAL CREDIT

A certificate of attendance for **17 Contact Hours** will be awarded to each participant. BOC-NATA Approved Provider # P-2563



COURSE LOCATION

Northwest Sports Medicine Center
8750 Tallon Lane NE
Lacey, WA 98516
Chris Potvin
Tel: 360-456-1072
Email: nwsmc@yahoo.com

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8750 Tallon Lane NE
Lacey, WA 98516

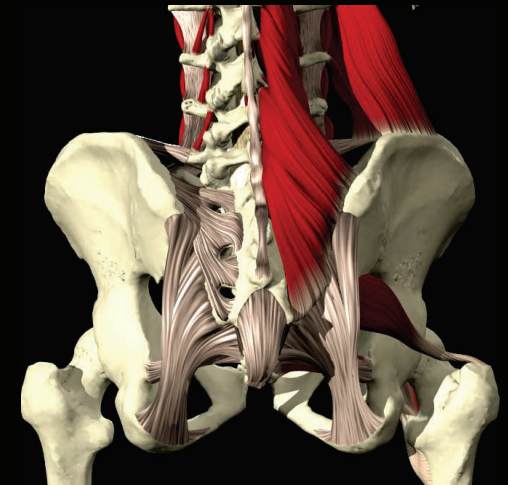
THE LUMBOSACRAL COMPLEX

EVALUATION & TREATMENT

FACULTY

Matthew G. Roman
PT, F.A.A.OMPT, MHA

February 25/26, 2012
Lacey, WA



Sponsored by:
Northwest Sports Medicine Center
www.olympiapt.com

In Conjunction with

THE THERAPY **NETWORK** SEMINARS

OBJECTIVES

Participant will be able to:

- 1: Identify key anatomical structures and principles as they relate to lumbosacral examination and treatment.
- 2: Perform a neurological and orthopedic medical screening to identify contraindications to treatment and noting when further medical assessment is necessary.
- 3: Perform a thorough evidence based examination through provocative and special testing procedures.
- 4: Demonstrate functional progression of exercises based on clinical findings and evidence.
- 5: Demonstrate mechanical instruction for functional activities.

SEMINAR DESCRIPTION

Low back pain is one of the most debilitating and costly epidemics in industrialized society, comprising over 25% of all outpatient physical therapy visits with a notable increase expected over the next 15 years. Consequently, this course has been designed to provide an evidence-based approach to the evaluation and treatment of lumbosacral dysfunction. This two day lab intensive course incorporates medical screening procedures, differential diagnosis, muscle energy techniques, functional exercise prescription, mobilization and manual therapy of the lumbosacral complex. Evaluation and treatment is approached as a systematic process utilizing clinical reasoning and scientific evidence. Significant lab time allows each attendee to process, practice, and polish intervention techniques under the guided supervision of experienced manual therapists. The end result is the ability to immediately apply new skills upon return to the clinic.

CANCELLATION POLICY

POLICY: Registration fee less a \$75 administrative charge is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. NWSP reserves the right to cancel the seminar and will refund in full the registration fee only. NWSP is NOT responsible for registrants non-refundable airfare, accommodations or fees.

COURSE SCHEDULE

8:00 Registration and Continental Breakfast
8:30 Functional Anatomy & Biomechanics
10:00 BREAK
10:15 Medical Screening for the LumboSacral Complex
Upper and Lower quarter screen
Neurological screening
Differentiation of referred pain
12:00 LUNCH (ON YOUR OWN)
1:00 Examination of the LumboSacral Complex
"Red Flags" - "Yellow Flags"
Important co-morbidities
Outcome Measures
Postural Assessment & Muscular Imbalance
2:30 BREAK
2:45 Demonstration & Practice Examination **Lab**
Examination of the LumboSacral Complex - (cont)
Special Tests & Provocation Tests
Mobility Assessments
Radiology Interpretation
Algorithmic evaluation system
Examination Findings & Classification
5:30 Q/A & Adjourn

Day 2

Treatment of the lumbar Spine

8:00 Manual Therapy Demonstration & Practice **Lab**
Mobilization & Manipulation of the lumbar spine
MET - Muscle Energy Techniques
10:00 Functional Exercise Rx Demonstration & Practice **Lab**
Transversus/Multifidus recruitment
Dynamic stabilization exercise progression
Flexibility exercises
Mechanical Instruction for Functional Activities
11:00 Repeated Movement
Flexion movement & Extension movement
Lateral shift corrections
12:00 LUNCH (OWN YOUR OWN)
1:00 Traction: Mechanical traction & Positional traction
Treatment of the Sacroiliac Complex
2:00 Functional Exercise Rx Demonstration & Practice **Lab**
Stabilization
Deep muscular contractions
Home exercise considerations
Muscular Imbalance
2:30 BREAK
2:45 Manual Therapy **Lab**
Mobilization & Manipulation of SI/Pelvic Complex
MET - Muscle Energy Techniques
5:00 Q/A & Adjourn

REGISTRATION

TUITION

Early Registration: \$325
....on/before January 26th

Late Registration: \$375
....after January 26th

4 WAYS TO ENROLL

PHONE 360-456-1072

FAX 360-459-9954

EMAIL nwsmc@yahoo.com

Mail registration and payment to:

Northwest Sports Medicine Center
8750 Tallon Lane NE
Lacey, WA 98516

A Course Confirmation with details will be emailed upon receipt of tuition

Name: _____

PT PTA ATC

Home Add: _____

City: _____ State: _____

Zip _____

Cell Ph: _____

Email: _____

To Receive your Confirmation

Make check/money order payable to:
Northwest Sports medicine Center

Charge my credit card: VISA MC AMEX DISC

CC # _____/_____/_____/_____

Expiration Date: ____/____/____ CV2 _____

Signature: _____

I agree to comply with the card holder agreement