

## Movement System Impairment Syndromes of Lumbar Spine and Hip

A virtual Course - Shirley Sahrman, PT, PhD, FAPTA and Nancy Bloom, PT, DPT, MSOT

### Day 1

- 9:00 – 10:15 Concepts and principles of Movement System Impairments
- 10:15 – 10:30 Break
- 10:30 – 11:45 Movement System Impairment (MSI) Syndromes of the Lumbar Spine
- 11:45 – 12:00 Discussion
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 Demonstration of examination for MSI syndrome of lumbar spine – video. Participants determine diagnosis and treatment recommendations.
- 2:00 – 3:00 Presentation and discussion of standing and supine tests
- 3:00 – 3:15 Break
- 3:15 – 4:30 Presentation of sidelying, prone, and quadruped tests
- 4:30 – 5:00 Questions and Answers

### Day 2

- 9:00 – 10:15 Examination of volunteer with low back pain. Participants determine diagnosis and treatment program
- 10:15 – 10:30 Break
- 10:30 – 11:30 MSI impairments of the hip – femoral
- 11:30 – 12:00 Tests for femoral impairments
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 Demonstration of MSI syndrome of the hip – video
- 2:00 – 2:15 Break
- 2:15 – 3:15 Examination of volunteer with hip pain. Participants determine diagnosis and treatment program
- 3:15 – 3:30 Break
- 3:30 – 4:30 Examination of volunteer with hip pain. Participants determine diagnosis and treatment program
- 4:30 – 5:00 Discussion