

**OVERVIEW:**

This 3-day introductory course provides instruction in the concepts and application of the examination, diagnosis, and treatment of movement system impairment syndromes of the low back, hip, and knee. The neuromusculoskeletal adaptations associated with these syndromes will be discussed.

Participants will receive instruction and supervised practice with the specific tests that constitute the movement examination for these regions. The examination includes assessment of tissue impairments and their specific role affecting the alteration of precise movement of the low back, hip, and knee. The participant will be guided in integrating the results of the tests to determine a diagnosis. Discussion will take place to explain how the diagnosis and examination results provide the guidelines for treatment.

After completing the course, participants will 1) understand the Movement System Impairment Syndromes of the low back, hip, and knee, 2) develop manual skills of test performance, 3) ability to accurately interpret test results, 4) collate the findings to support a diagnosis, and 5) discuss the contributing factors.

**Day 1 (January 14, 2017)** The course will begin with an introduction to movement system impairment concepts. In addition, there will be a brief review of abdominal musculature and participants will learn to perform the MSI exam for the low back.

**Day 2 (January 15, 2017)** The focus of the lectures will be on MSI syndromes of the low back and hip. Participants will continue to practice specific components of the examination and work in small groups to perform a full exam on a volunteer with low back or hip pain.

**Day 3 (January 16, 2017)** The focus of the lectures is on knee syndromes. Participants will practice specific knee tests and work in small groups to practice a full exam on a volunteer with low back, hip or

knee pain. The course concludes with a discussion based on feedback from the participants as it relates to the performance of a movement system examination, the determination of a diagnosis, and treatment of the lower quarter.

**RECOMMENDED READING:**

- *Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spine* by Shirley Sahrmann and Associates
- *Diagnosis and Treatment of Movement Impairment Syndromes* by Shirley Sahrmann
- *Muscles: Testing and Function, with Posture and Pain* by Florence Peterson Kendall and Elizabeth Kendall McCreary (5th edition)

**REGISTER BY JANUARY 6**

**Registration Fee:** \$420 per individual, or \$350 group discount (3 or more)

**Questions:** [PTEvents@email.wustl.edu](mailto:PTEvents@email.wustl.edu)  
(314) 286-1400

**Event Location:**

Washington University Physical Therapy  
4444 Forest Park Avenue  
St. Louis, MO 63108

**SEPTEMBER 30, OCTOBER 1-3, 2017 • MOVEMENT SYSTEM IMPAIRMENTS SYNDROMES OF THE LOWER QUARTER: ADVANCED APPLICATION**

This 4-day advanced course consists of lectures and related research about movement system impairment syndromes of the lumbar spine, hip, knee, and ankle. A big emphasis of this course is to provide (concentrated) lab time supervised by Washington University Faculty. Each participant will have the opportunity to examine a patient with a faculty member in a semi-private setting. After completing this course, each participant will be able to conduct a movement-based examination of the lower quarter, determine a movement system impairment diagnosis based on the examination results, and prescribe a treatment program.