

OVERVIEW:

The advanced application course is open only to physical therapists and physicians. The course consists of lectures and related research about movement system impairment (MSI) syndromes of the low back, hip, knee, and ankle. This course provides 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 four-day course, each participant will be able to conduct a movement-based examination of the lower quarter, determine a MSI diagnosis based on the examination results, and apply movement system concepts to prescribe a treatment program.

NEW THIS YEAR will be a presentation on the use of technology for examination of movement. In addition, students will receive information applying MSI concepts to gait analysis, running, weight training, and sports or fitness. Key concepts and MSI syndromes will also be discussed relative to the clinical presentation, examination, and treatment for individuals with osteoarthritis, femoroacetabular impingement (FAI), developmental hip dysplasia, and anterior cruciate ligament injury or repair.

Day 1 (September 30, 2017)

The course will begin the day with an update on the concepts of the movement system applied to MSI syndromes of the low back. Considerations of abdominal and paraspinal muscle function and testing will be discussed. In addition, key concepts will be applied to strengthening and sports related training. The remainder of the day will be demonstration and practice of tests of the lower quarter.

Day 2 (September 1, 2017)

The focus of the lectures will be on MSI syndromes of the hip. Students will learn to apply MSI concepts to non-operative and post-surgical care for individuals with osteoarthritis, FAI, and hip dysplasia. Lab sessions will include practice of specific tests for the hip and complete examinations on individuals with hip or low back pain. After the examination, participants will be guided in a discussion regarding the diagnosis and treatment for those individuals.

Day 3 (October 2, 2017)

The focus of the lectures will be on MSI syndromes of the knee, ankle, and foot. Lab sessions will include practice of specific tests for these regions and complete examinations on individuals with ankle, knee, hip, or low back pain. After the examination, participants will be guided in a discussion regarding the diagnosis and treatment for those individuals.

Day 4 (October 3, 2017)

The focus of the lectures will be on the use of technology for movement analysis and the application of MSI concepts to the examination and treatment of the injured runner. Lab sessions will include practice complete examinations on individuals with ankle, knee, hip, or low back pain. After the examination, the participants will be guided in a discussion regarding the diagnosis and treatment for those individuals. Finally, participants will practice using technology for examination of gait and lower extremity movements.

Registration Opens July 1, 2017
[Click Here to Register](#)

CLICK HERE TO VIEW THE DAILY SCHEDULE

If registering for the advanced course in October, Faculty recommend attendees review the relevant chapters in the following books:

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)