

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 and hip. The neuromusculoskeletal adaptations associated with these syndromes will be discussed. A primary goal of the course is to help therapists develop proficiency in performing a comprehensive movement system exam.

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 and hip 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 19)

The course will begin with an introduction to movement system impairment concepts applied to the lumbar spine. 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 20)

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 21)

The focus of day 3 is continued laboratory practice of the exam of the lumbar spine and hip. Considerations for movement impairments of the knee will be discussed. The course will conclude with a lab on treatment progressions for the trunk and the hip.

***Registration Now
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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, Knee Chapter, 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)