

Course Description:

The introductory course consists of lectures and related research about movement system impairment (MSI) syndromes of the lumbar spine and hip. The lectures will discuss the concepts and principles contributing to the development of musculoskeletal pain problems of the lumbar spine and hip. The specific syndromes of the lumbar spine and the hip joint will be described. The systematic examination for lumbar movement system impairment syndromes will be demonstrated and the tests comprising the examination will be described as well as the relationships specific test results to the diagnosis and treatment program. The role of the hip as a contributing factor to lumbar spine dysfunction will be discussed. The specific tests for hip syndromes will be highlighted. Video demonstration of the examination of patients with hip syndromes will be presented. Participants will be able to interact with the presenters.

Objectives:

Upon completion of this course the participant should be able to:

1) Describe the impairments induced by repeated movements and sustained postures of daily activities. 2) Describe the importance of active performance of precise joint motion. 3) Describe the most common movement impairment syndromes of the lumbar spine and hip. 4) Identify impairments in muscle length, strength, stiffness, and pattern of activation during movement tests performed in standing, supine, prone, and quadruped. 5) Describe the standardized movement system examination for the lumbar spine. 6) Describe the special tests for movement impairments of the hip and the examination for the syndromes. 7) Develop a treatment program consisting of appropriate exercises and modification of the performance of daily activities.