Movement System Impairment Syndromes of Lumbar Spine and Hip

A virtual Course - Shirley Sahrmann, 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
4:30 – 5:00  Discussion