Orthopedic manual physical therapy of the lumbo-pelvic-hip complex: From Art to Evidence

Presented by: Christopher H. Wise, PT,DPT, MS, OCS, FAAOMPT, MTC, ATC
June 8 and June 9, 2013 ● Regal Heights ● 70-05 35th Avenue ● Jackson Heights, NY 11372

OVERVIEW
Who Should Attend?
Physical Therapists and Physical Therapists Assistants.

Course Description:
This interactive, hands-on continuing education experience is designed for the rehabilitation professional who is interested in pursuing innovative, effective, and eclectic strategies for the management of patients with low back pain. Throughout the seminar, an emphasis will be placed upon utilizing the current best evidence to support the Orthopedic Manual Physical Therapy (OMPT) examination and intervention strategies that are proposed. Course content will include an integrated review of Lumbo-Pelvic-Hip Complex kinematics, a review of the current body of knowledge related to the OMPT management of low back pain, and instruction in an eclectic blend of effective OMPT techniques. The hands-on lab component will comprise the majority of the course and will focus on developing basic proficiency in a variety of OMPT techniques that may be immediately translated into clinical practice. An emphasis will be placed on clinical decision-making and the integration of manual techniques into a comprehensive examination and intervention plan.

Course Objectives:
- To understand the relationship between structure and function and its implications on the management of low back pain
- To appreciate the efficacy and safety for the use of Orthopedic Manual Physical Therapy (OMPT) within the context of a comprehensive Examination and Intervention Scheme
- To obtain a basic level of proficiency in the performance of an essential skill set of effective OMPT techniques that can be immediately incorporated into clinical practice
- To discuss the current best evidence related to the use of OMPT for the management of low back pain

ABOUT THE SPEAKER:
Christopher H. Wise, PT,DPT, MS, OCS, FAAOMPT, MTC, ATC graduated from Arcadia University and is in the process of pursuing his PhD and dDPT. Chris is a certified athletic trainer (ATC), certified manual therapist (MTC), has received his board certification as a clinical specialist in orthopedics (OCS), and is a fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). Chris is a Clinical Assistant Professor in the Institute for Physical Therapy Education at Widener University. Chris also continues to work clinically in several outpatient clinics where he is providing orthopedic manual physical therapy intervention for a variety of patient populations and consultation with colleagues. He is owner and President of WiseFeet, P.C., a custom functional foot orthotic prescription service.

Chris’ clinical and research interests lie in the areas of orthopedic manual physical therapy (OMPT) of the spine and lower extremity biomechanics. Chris has presented the results of his research on cadaveric analysis of the deep external rotators of the hip, a systematic review on the efficacy and safety of using Grade V High Velocity Thrust techniques for cervical spine-related dysfunction, as well as several case studies that examine the results of manual intervention on back pain patients. He has most recently presented a pilot study on the development of a new classification system for cervical spine dysfunction and has published an article on classification of shoulder impairment syndromes in patients that have undergone intervention for breast cancer. Chris has been involved in teaching continuing education courses on manual therapy of the spine for over ten years. Chris is currently in the process of completing two textbooks, “Mobilization Notes: A Rehabilitation Specialists Pocket Guide” (F.A. Davis) is currently in print and “Orthopedic Manual Physical Therapy: From Art to Evidence” (F.A. Davis) is forthcoming. He enjoys spending time with his daughters and participating in various sport endeavors.

Course Schedule:
- **SATURDAY:**
  - 8:00-9:00: Introduction to Evidence-Based Practice and Orthopedic Manual Physical Therapy (OMPT)
  - 9:00-11:00: Functional Anatomy and Biomechanics of the Lumbo-Pelvic-Hip Complex (LPHC)
  - 11:00-12:00: OMPT Examination of the LPHC
- **SUNDAY:**
  - 8:00-9:00: Classification and Differential Diagnosis of Low Back Pain
  - 9:00-12:00: OMPT Techniques for the Pelvic Girdle
  - LUNCH: 12:00-1:00
  - 1:00-2:00: OMPT Examination of the LPHC (cont’d)
  - 2:00-5:00: OMPT Techniques for the Lumbar Spine
  - 5:00-5:30: Introduction to LPHC High Velocity Thrust Techniques

* Breakfast and Lunch Included.
* Regal Heights is approved provider for continuing education.
* 16 CEU’s

REGISTRATION FORM:
Name:
Profession: 
Address:
City: __________ State: __________ Zip: __________
Phone: __________________________
Email: __________________________
Do you need special Accommodation? Yes_____ NO____
If yes please specify __________________________

If a Continuing Education Seminar is cancelled, a complete refund is made automatically. If registrants withdraw from the seminar with a fourteen days notice a refund of eighty percent will be issued. If registrants withdraw within 24 hours notice a refund of fifty percent will be issued. No refunds are issued for withdrawal notice of less than 24 hours.

Participants must sign in, sign out and complete evaluation form to receive their certificate.