Manipulation Primer: The Extremities

Presented in partnership with the North American Institute of Orthopaedic Manual Therapy (NAIOMT)

W. Bryant Miller, PT, DSc, OCS, COMT, FAAOMPT

Sat, November 5, 2016 (DPTIII students)
Sun, November 6, 2016 (Physical Therapists)
8:00 AM – 4:30 PM
Emory University
1462 Clifton Road, NE,
Atlanta, GA 30322
Lab 311 (3rd fl)

Course Description and Objectives

Course Overview

This course is concerned with high velocity low amplitude thrust technique (HVLAT) to select joints of the upper and lower extremity. Particular attention will be focused on evidence based practice with regards to the identification of patients who could benefit from the application of HVLAT by physical therapists. Of paramount importance will be an understanding of the contraindications to the use of HVLAT, and the reasoned, clinical de-selection of patients who are not appropriate for HVLAT. Participants will receive instruction and practice of HVLAT in reference to the musculoskeletal outpatient setting.

Clock Hours: 7 contact hours (70% practical, 30% lecture)

Course Description:

This 7-hour course will provide instruction in the art and science of HVLAT intervention, aimed at correcting neuromusculoskeletal dysfunction in the joints of the upper and lower extremity. Emphasis will be placed on patient selection, by describing ‘model’ patients for each technique. Attention will be given to methods identifying those patients who should not receive HVLA techniques. The most recent evidence will be incorporated into the evaluative and interventional components in an attempt to place a meticulous focus on learning how and when to safely perform HVLAT techniques in the extremity.

Course materials will include recent and classic literature review, instructional audiovisual materials, and a course handout. In addition, there will be facilitated access to other learning materials. Supervision and practice time is critical to learning these skills and will be provided for extensively in class.

Course General Objectives:

The course will utilize current literature, recognition of clinical patterns of presentation, and biomechanical and pathological knowledge to assist in the appropriate and reasoned selection of HVLAT techniques. The course will provide the participant with information to identify appropriate patients for
HVLAT intervention through use of validated clinical prediction rules and specific biomechanical examinations.

**Specific Course Objectives:**

*Upon successful completion of this course, the participant will be able to:*

1. Compare and contrast the osteopathic, chiropractic, and physical therapy professions in terms of:
   a. The unique and varied terminology that exists between the three professions.
   b. Underlying patient care philosophy and how this influences the use of HVLAT.

2. Understand the current definitions associated with manual therapy interventions found in both the “Guide to Physical Therapy Practice” and the AAOMPT “Description of Advanced Clinical Practice”.

3. Interpret language specific to the use of HVLAT by physical therapists in the relevant State Practice Acts and Statutes.

4. Describe the current evidence-based theories supporting the use of HVLAT therapy interventions specific to the joints to be treated – including the clinical prediction rules.

5. Collect, analyze and evaluate the patient history, systems review and tests and measures data to recognize the indications for and contraindications against the use of HVLAT in the extremity joints.

6. Apply a thorough biomechanical knowledge of the extremity joints to accurately examine, and diagnose, with specificity, a movement dysfunction that would benefit from HVLAT.

7. Safely, and selectively, with the ability to deselect appropriate candidates, apply HVLAT techniques to spinal and extremity joints, utilizing safe, effective and, where available, evidence based techniques inclusive of:
   a. Hip IR
   b. Talocrural gapping
   c. Talocrural dorsiflexion
   d. Subtalar joint eversion
   e. Calcaneo-cuboid plantar subluxation
   f. Elbow lateral glide
   g. AC gapping

8. Interpret the responses to treatment, and modify the interventions to accommodate individual requirements of patients/clients and the physical therapist, including consideration of unsound segments above and below the joint being treated.

9. Communicate the rationales for this intervention to the patient/client, to other therapists, and to referral sources and other interested third parties.

10. As a clinical instructor, demonstrate a basic ability to teach the techniques to incoming student interns who need to practice these techniques in the clinical setting.
Bryant Miller received his MPT from Emory University in 1993 and DScPT with emphasis in OMPT from Andrews University in 2007. He serves as faculty for the North American Institute of Orthopaedic Manual Therapy and is a clinical faculty instructor for NAIOMT's fellowship and residency programs. His background also includes advanced training in myofascial techniques and movement re-education as a Hellerwork practitioner and extensive experience in gait and biomechanical analysis.

He is the co-owner of Bodies in Balance Physical Therapy, PLLC in Chattanooga, TN. Bryant's clinical interests include the treatment of chronic spinal conditions and the underlying dysfunctional neurophysiologic patterns. To address these dysfunctions, he integrates a wide array of techniques from orthopaedic manual physical therapy to exercise approaches rooted in Pilates, Yoga, and those influenced by the work of Shirley Sahrmann and Gary Gray. He has been an advocate for PT direct access and the defense of spinal manipulation.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2565627/

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### Course Schedule

7:45 am  
Check-in

8:00 am  
OMPT Treatment Principles Including:
- Evidence of affects and efficacy of HVLAT
- Multidisciplinary history of manipulation
- Guide to PT practice/description of advanced clinical practice
- State Practice Act Guidelines
- Clinical prediction rules

9:00 am  
Break

9:15 am  
Examination of the foot/ankle
- Subjective screening for foot/ankle
- Ankle AROM
- Lower quadrant neurologic and dural screen

10:00 am  
HVLAT techniques for the foot/ankle
- Talocrural gapping
- Talocrural dorsiflexion
- Subtalar joint eversion
- Plantar Cuboid

11:00 am  
Case Study on foot/ankle

12:00 pm  
Lunch on your own

1:15 pm  
Examination of the UE

2:00 pm  
Break

2:10 pm  
HVLAT techniques for the UE

4:00 pm  
Case Study hip UE

4:30 pm  
Adjourn

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### Registration and Payment

- Registration fees include instruction, course materials and snacks. Breakfast and lunch are on your own.

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• In order to assure your security, our registration and payment systems are kept separate. In your email registration confirmation, you will receive detailed payment instructions.

• Cash or check payment, payable to Emory University,” must be received in our office within 10 business days of your registration, or your spot within the course will be forfeited.

• Cancellation Policy: Cancellations prior to October 26, 2016 at 11:59 PM will result in a full refund, less $20.00 per person/cancellation. Cancellations after October 26, 2016 at 11:59 PM will result in loss of full tuition.

• Tuition
  
  o **Saturday November 5, 2016 (8:00 AM – 4:30 PM)**
    3rd-year DPT student: $10.00
  
  o **Sunday, November 6, 2015 (8:00 AM – 4:30 PM)**
    Current or Recent Emory DPT Clinical Instructor (2011-2016): $40.00
    Current Emory DPT CCCE: $40.00
    Current Emory Employee: $40.00
    Unaffiliated Therapist: $150.00 (Space is limited to 10 unaffiliated individuals)

**Registration CLOSES on Friday October 28, 2016**

Register Now!

[http://www.rehabmed.emory.edu/pt/ce/courses.shtml](http://www.rehabmed.emory.edu/pt/ce/courses.shtml)