Innovative Management of the Lumbar Spine & Pelvis:
Maximize Outcomes in Fewer Visits
Emory Orthopaedic Physical Therapy Residency Program
Jeff Ryg, PT, DPT, OCS, CSCS, FAAOMPT
January 5-6, 2017
8:00 AM – 5:30 PM
14.0 Continuing Education Hours (1.4 CEU)

Course Description and Objectives

This 2-day evidence based course is a study of the lumbar spine and pelvis. The course is heavily lab-based and will emphasize clinical evaluation and treatment skills for the lower quarter in order to guide the practitioner in differential diagnosis and best practice as determined by the research literature, for patients with lumbar spine and pelvic pathology and pain. Management interventions will focus on manual therapy and exercise techniques that can be applied immediately into the therapist’s practice, with the goal of maximizing patient outcomes within fewer visits. An emphasis will be placed on the immediate reassessment of these interventions to reinforce clinical reasoning and progression of treatment interventions. Upon course completion, participants will have learned the theory, skills and techniques to be able to make efficient, within session treatment changes with both their patients’ lumbar spine and pelvis pain and impairments.

Upon completion of this course, participants will be able to:
1) Correctly identify the functional anatomy of the lumbar spine, pelvis and hip, inclusive of associated joints, soft tissue, and skeletal structures during post test analysis and lab sessions
2) Report best practice evaluation and treatment techniques based on the evidence, during case study discussion & lab sessions.
3) Correctly examine the biomechanics of the lower quarter during lab sessions.
4) Perform differential diagnosis of lower quarter symptoms during lab sessions and case studies.
5) Describe and accurately perform clinical special tests with known diagnostic utility for the lumbar spine and pelvis during lab sessions.
6) Given the most current evidence, design a treatment plan and perform interventions for patients with lower quarter pain during lab sessions and case studies.
7) Review pathophysiology, diagnosis, prognosis, and interventions for common lumbar spine and pelvic disorders including but not limited to the following: lumbar facet pain, lumbar discogenic pain, lumbar spinal stenosis, lumbar surgical procedures, and SI joint pain.

Audience: To maintain compliance with the manual therapy guidelines of the American Academy of Orthopaedic Manual Physical Therapy (AAOMPT), this course is appropriate for only physical therapists and physical therapy residents.

Level: Intermediate. Participants should have a minimum of 1-year of experience working with individuals with lumbar spine and pelvic pathology or should be currently enrolled within a physical therapy residency program.
Jeff Ryg, PT DPT, OCS, CSCS, FAAOMPT

Jeff started his career working with Division I athletes at the University of Iowa and has since moved on to a career of treating patients with a variety of orthopaedic and sports related injuries, from the amateur athlete to the professional. He received his degree in Athletic Training from the University of Iowa and a Masters in Exercise Physiology from the University of Georgia. After graduating from Emory University with a Doctorate in Physical Therapy, he spent time working in Indianapolis and Atlanta before settling in Boulder, Colorado to open his private practice, Mend. Jeff’s signature treatment style is one that combines orthopaedic manual therapy with a focused approach on patient goals as they may be addressed by applying the best available medical and rehabilitation evidence to treatment. Jeff is continually inspired by patients who face huge obstacles during their recovery but successfully return to their active lifestyles following treatment. Jeff is a member of the American Physical Therapy Association (APTA) and previously served as a member of the legislative committee and district chair in Indiana and Georgia APTA chapters. He was honored with the Emerging Leader Award from the APTA in 2012, which is an award presented to professionals who are up-and-coming within the profession of physical therapy. Jeff is also a Fellow of the American Association of Orthopaedic Manual Physical Therapists. His professional interests include advancing the profession of physical therapy by promoting early access to therapy services for patients with musculoskeletal conditions. Outside of the office, Jeff enjoys spending time with his family, reading and enjoying the outdoors through cycling, swimming, mountain biking, hiking and camping.

Course Schedule

Day 1
7:30-8:00 AM  Registration and Pretest
8:00-9:00  Lumbar Anatomy and Biomechanics Review (Lecture and Lab)
9:00-10:00  Differential Diagnosis of the Lower Quarter
10:00-10:15  BREAK
10:15-11:30  Lumbar Subjective Examination
11:30-12:00 PM  Lumbar Objective Examination Lab
12:00-1:00  LUNCH on your own
1:00-2:45  Lumbar Objective Examination Lab (continued)
2:45-3:00  BREAK
3:00-5:00  Lumbar Spine Interventions Lab

Day 2
8:00-9:00  Lumbar Management
9:00-10:00  Sacroiliac Anatomy and Biomechanics Review
10:00-10:15  BREAK
10:15-11:00  SI Subjective Examination
11:00-12:00 PM  SI Objective Examination Lab
12:00-1:00  LUNCH on your own
1:00-2:00  SI Objective Examination Lab (continued)
2:00-3:00  SI Manual Interventions
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00-3:15</td>
<td>BREAK</td>
</tr>
<tr>
<td>3:15-4:00</td>
<td>SI Manual Interventions (continued)</td>
</tr>
<tr>
<td>4:00 – 5:00</td>
<td>Exercise Interventions</td>
</tr>
<tr>
<td>5:00-5:30</td>
<td>Questions</td>
</tr>
</tbody>
</table>

**Course Pre-requisites:** Prior to the course date, participants will be emailed links to articles, which should be reviewed prior to the course. Articles included are those authored by: Alrwaily, M., Timko, M., Schneider M, et al (2015); Cook & Hedegus (2010); Koumantakis, G., Watson, P., & Oldham, J. (2005); Laslett, M. (2008); Tullberg, T., Blomberg, S., Branth, B., et al (1998).

### Registration and Payment

- Registration fees include instruction, course materials, breakfast and snacks. Lunch is on your own.
- 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 and checks, 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.

**Tuition and Fees**

- Emory (Select) Employee: $375.00
- Emory DPT CI (2011-2016) or Alum: $375.00
- Unaffiliated PT: $400.00

* If you also register & pay for the January 2017 “Innovative Hip” you may receive an additional $25.00 discount off tuition by entering the following coupon code during registration: JAN2017

**Cancellation Policy:** Cancellations prior to December 30, 2016 at 11:59 PM will result in a full refund, less $50.00 per person/cancellation. Cancellations after December 30, 2016 at 11:59 PM will result in loss of full tuition.

Register Now!

https://form.jotform.com/62358620240954

Registration closes on Thursday, December 29, 2016.