

## Instructor

**Louie Puentedura**  
PT, DPT, OCS, GDMT, CSMT, FAAOMPT



Dr. Puentedura received his Bachelor of Applied Science Degree in Physiotherapy from Lincoln Institute of Health Sciences, La Trobe University, Melbourne, Australia in 1980. He received a Post Graduate Diploma in Manipulative Therapy from the same university in 1983. He was awarded his Post-Professional Doctor of Physical Therapy degree with distinction from Northern Arizona University in 2005. Dr. Puentedura is also a Board Certified Clinical Specialist in Orthopedic Physical Therapy and is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists. Dr. Puentedura has worked primarily in private practice settings, initially in Australia and in the USA since 1995. He began his physical therapy career in geriatrics and outpatient rehabilitation within a hospital setting, and after earning his GDMT, began to specialize in spinal pain and spinal conditions. He has presented at Australian National and Regional Conferences, and since moving to the USA has presented at various State PT Association meetings and conferences. He is a senior instructor with International Spine & Pain Institute and the Neuro-Orthopedic Institute in the USA.

### ISPIInstitute.com

International Spine & Pain Institute is an independent educational group that is committed to high-quality, affordable, state of the art, evidence-based continuing education for physical therapists. Courses provided by ISPI are immediately applicable in clinical settings and offer a variety of treatment options in the current managed care environment from highly skilled hands-on, mobilization, functional exercise programs to patient education.



PO Box 232  
Story City, IA  
50248



# Spinal Manipulation II

## Advanced Skills Course for Physical Therapists



**Williamsville, NY**  
**March 31 & April 1, 2012**  
**Pre-requisite Required for Attendance**

## Spinal Manipulation II: Advanced Skills Course for Physical Therapists

This course is approved for 1.5 CEUs by most PT Associations that require approval.

**It is required that you have taken SPINAL MANIPULATION through ISPI before you are eligible to attend this course.**

This course is intended only for physical therapy practitioners with existing skill and experience in thrust joint manipulation and it is mandated that therapists have more than the basic manual therapy skills and clinical experience applying these skills.

### Course Description

This course is an advanced skills course and requires that all participants have completed the ISPI Spinal Manipulation course and have used spinal manipulation techniques in their day-to-day clinical environment for at least 6 months after completing the ISPI Spinal Manipulation course. The course will consist of patient examination using dialogue, palpation and movement patterns, working diagnosis and the most efficient techniques taking into account patient and practitioner morphology. Techniques covered will include specific soft tissue approaches, thrust and introduction to muscle energy and functional techniques.

The aim of the course is to give the participant ample opportunity to refine their manipulative skills and build on their current knowledge in providing effective and efficient techniques they can use immediately in their own clinic. In addition, it will give the participant ability to adopt the method and apply the principles to all treatment methods they use currently, thereby making them a more efficient practitioner. Safety is paramount to these courses, and the skilled clinician will continue to refine methods of being much more effective with minimal force application. Participants will have exposure to a different spectrum of technique approaches. They will have the ability to make these techniques work for the patient with quicker results. The course encourages feedback among participants which will enhance the participant's confidence in their abilities. A course manual will be provided.

### Course Objectives

**Upon completion of the course, the participant will:**

- Recognize the current best evidence for the implementation of spinal manipulation in clinical practice
- Have a working knowledge of the safety issues, precautions and contraindications to spinal manipulation and be able to apply them in the course and in clinical practice
- Apply the tests and techniques taught in the course safely, effectively and skillfully.
- Have a working knowledge in the choice of manipulative procedures in an evidence-based, multi-modal approach to spinal pain including adjunct treatments such as exercise, mobilization, modalities and more

### Course Layout

#### Day 1:

8:00am Intro & Welcome  
8:15 History of Osteopathy and It's Relevance in PT  
8:45 Lab: Therapist Positioning and Speed Drills  
9:15 Lecture/Discussion:  
Acquiring "The Barrier" - Component Technique  
9:45 Break  
10:00 Lab: Lumbar Spine Techniques  
10:30 Lab: Lumbar Spine - Beyond Thrust Techniques  
11:00 Lecture/Discussion:  
Exercise for Developing Technical Skill  
11:15 Lab: Lumbar Spine Techniques (II)  
12:00 LUNCH  
1:00 Safety and Manipulation  
1:30 Lab: C-T Junction techniques  
2:30 Informed Consent  
3:00 Break  
3:15 Lab: C Spine Techniques  
4:00 VA Testing—Should We Continue To Do It?  
4:15 Lab: Review  
5:00 End of Day 1

#### Day 2:

8:00am Review of Day 1—Q & A  
8:15 Lab: Hip Techniques  
8:45 Lecture/Discussion:  
Modifying Factors in Techniques  
9:15 Lab: Foot and Ankle Techniques  
9:45 Break  
10:00 Lab: Upper Cervical Spine  
10:30 Lecture/Discussion:  
Concern with Upper C Spine  
10:45 Lab: Upper Cervical Spine (II)  
11:30 Lab: Thoracic Spine and Ribs  
12:00 LUNCH  
1:00 Lab: SI Joint  
1:45 Lab: Thoracic Spine and Ribs (II)  
2:15 Lab: Lumbar Spine Techniques (III)  
3:00 Break  
3:15 Lab: C Spine Techniques (II)  
3:45 Specificity of techniques  
4:00 Lab: Useful Techniques  
4:30 Lab: Review and Discussion  
5:00 End of 2-day course

### Hotel, Travel and Confirmation:

ISPI will mail out official confirmation notices. Please do not make any travel or accommodation arrangements until you receive your confirmation.

### Registration Information

Name: \_\_\_\_\_

License # \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Manips II \$495.00**  
**Williamsville, NY March 31 & April 1, 2012**

I have completed Spinal Manipulation through ISPI?

I have included a copy of my PT license?

Payment: Check #: \_\_\_\_\_

- VISA  
 MASTERCARD  
 DISCOVER

Card Number: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3 digit security code \_\_\_\_\_

Signature: \_\_\_\_\_

\*\* If the credit card does not correspond to the above address, please provide the billing address

### Cancellation policy:

If written notification of cancellation is received by ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No money will be refunded for cancellations. If the participant registered using a letter of credit or if the participant has been transferred from another course and the participant cancels, no other letter of credit be will issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course nor for cancellation any time after the course start date.

Institute Cancellation: If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an "act of God" or other unforeseen circumstances, no refunds will be issued including airline tickets. ISPI is not responsible for any costs incurred by course participants in the event of an institute cancellation.

### Mail, Fax or Call

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