

Instructor

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



Dr. Puentedura received his Bachelor of Applied Science degree in Physiotherapy (B.App.Sc.Physio) from Lincoln Institute of Health Sciences, La Trobe University, Melbourne, Australia in 1980. He received a Post Graduate Diploma in Manipulative Therapy (GDMT) from the same school and university in 1983. He was awarded his Post-Professional Doctor of Physical Therapy (DPT) degree (with distinction) from Northern Arizona University in 2005. Dr. Puentedura is also a Board Certified Clinical Specialist in Orthopedic Physical Therapy (OCS) and is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT). Dr. Puentedura has worked primarily in private practice settings, initially in Australia and since 1995, in the USA. He began his physical therapy career in geriatrics and outpatient rehabilitation within a hospital setting, and after receiving 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 (NOI) in the USA. Dr. Puentedura is now completing his PhD on spinal manipulation for the cervical spine.

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ISPI is an independent educational group that is committed to high-quality, affordable, up-to-date, evidence-based and clinically applicable continuing education for physical therapists. Courses provided by ISPI are instantly applicable in clinical settings and offer a variety of treatment options in the current managed care environment from highly skilled hands-on, mobilization, exercise programs, to patient education.



PO Box 232
Story City, IA
50248



Spinal Stabilization

March 24 & 25, 2012
Lincoln, NE



Open to PT's and PTA's

Spinal Stabilization

This course is approved for 1.5 CEUs by most PT Associations

Course Description

This hands-on 2-day (15 hr) course will provide participants with an Evidence Based Approach to the evaluation and treatment of the LBP patient from a spinal stabilization/exercise point-of-view. It includes a comprehensive presentation on the recent findings related to segmental spinal stabilization of researchers from Australia, including Paul Hodges, Julie Hides, Carolyn Richardson and Gwen Jull from the University of Queensland, which has set the stage for a 'specific segmental approach' to the evaluation, treatment and management of patients with low back pain. The research and efficacy of spinal segmental stabilization is truly phenomenal. Come and find out why "neutral spine concepts" won't work in the long run. You may have already heard about Multifidus and Transversus Abdominus, and perhaps you've also read about the importance of the diaphragm and the muscles of the pelvic floor. These, collectively, represent the core of spinal segmental stability. This course will bring all the elements together in a way that will make anatomical, biomechanical and, more importantly, clinically applicable sense. Learn how to accurately assess for spinal stability, dysfunction and pain inhibition. Develop and build your skills in retraining motor control for stability of the core - or deep muscle group. This course will discuss the latest evidence for stabilization, issues of stabilization with LBP and incorporating stabilization into clinical practice and combining it with manual therapy approaches. The course will include a comprehensive handbook and resource materials and is designed to encourage further self-directed study upon completion of the course.

Course Objectives

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

- Track and critically appraise best evidence currently available on the clinical treatment of low back pain
- Perform clear and concise subjective evaluations of patients presenting with low back pain.
- Generate working hypotheses of any patient's problem related to the structures involved, the presentation of the condition, and the mechanical behavior of the condition.
- Plan and conduct objective examinations of the structures implicated by the working hypothesis.
- Plan optimal courses of treatment using orthopedic manual therapy techniques, with special emphasis on specific exercises for spinal segmental stabilization.
- Apply concepts and procedures taught in the class into clinical practice

Course Layout

Day 1:

8:00 – 8:15
8:15 – 9:45
9:45 – 10:15

Welcome & Intro
Defining spinal instability
Clinical symptoms of instability:
Lab/Discussion: Subjective examination

10:15 – 10:30
10:30 – 11:00
11:00 – 12:00
12:00 – 1:00
1:00 – 2:30

Break
Lab: Spinal instability testing – The Research
Lab: Spinal ROM, Stability, Palpation, SIJ
Lunch
Segmental Spinal Stabilization:
Queensland Research
Lab: Prone abdominal draw in with Stabilizer and score session 1

2:30 – 3:00

3:00 – 3:15
3:15 – 4:00
4:00 – 4:45
4:45 – 5:00

Break
Lab: Supine draw in as well as 4-point kneeling
Troubleshooting
Lab: Retest prone abdominal draw in with score sheet

Day 2:

8:00 – 8:15
8:15 – 9:15
9:15 – 9:30

Review and Q
Segmental spinal stabilization in LBP
Lab: Retest prone abdominal draw in with score sheet

9:30 – 10:15
10:15 – 10:30
10:30 – 11:00
11:00 – 11:15
11:15 – 12:00
12:00 – 1:00

Weight bearing and NWB muscles
Break
Lab: CKC lab circuit
Discussion/feedback from CKC
Evidence based medicine and CPR for stab
Lunch

1:00 – 1:45
1:45 – 2:15
2:15 – 2:30
2:30 – 2:45
2:45 – 3:30
3:30 – 3:45

Trendy Approaches and spinal stabilization
OKC lab sessions with circuit
OKC discussion and feedback
Break
Manual therapy, pain and motor control =
Lab: Retest prone abdominal draw in with score sheet

3:45 – 4:45
4:45 – 5:00

Case studies and clinical application
Summary, Questions and review

Open to PT's and PTA's

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: _____

PT License # _____

Address: _____

Phone: _____

Fax: _____

E-mail: _____

Spinal Stabilization **\$425.00**
Lincoln, NE **March 24 & 25, 2012**

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 to 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 monies 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 will be 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. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.

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