

Instructor

**Debbie Rico**  
MPT, CSMT

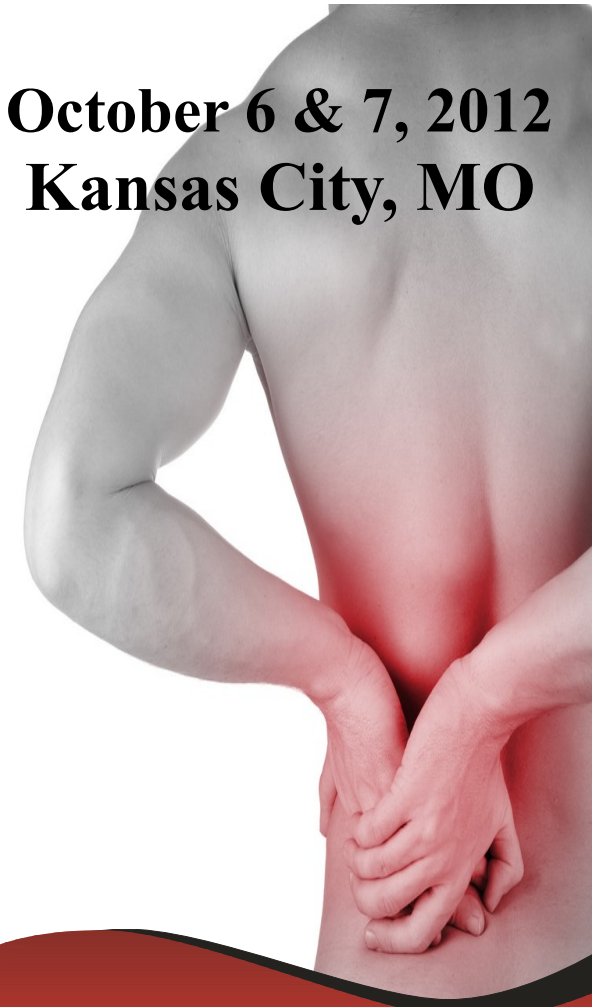


Debbie Rico is a graduate from Florida International University in 1992 with a BS in Physical Therapy. In the past she has taught at Washburn University as a guest lecturer on wound care. She continues teaching staff on computerized documentation; has an extensive clinical experience and over the last 16 years of practice, have accumulated a vast array of continuing education from myofascial release to cardiac care to aquatic rehab. Over the last 5 years she has focused her career on outpatient orthopedics, completed her spinal manual therapy certification through ISPI and have since joined the ISPI teaching faculty.



Manual Therapy for the  
**Lumbar Spine**

**October 6 & 7, 2012**  
**Kansas City, MO**



PO Box 232  
Story City, IA  
50248

Open to Physical Therapists only

# Manual Therapy for the Lumbar Spine

This course is approved for 1.5 CEU's by most PT Associations

## Course Description

This comprehensive, 2 day (15 hour) course looks at the latest, best-evidence for treating LBP - both medically and therapeutically. This course focuses on the physical dysfunction of the Lumbar Spine and its physical evaluation and treatment. The course is designed to provide the clinician with the skills to diagnose common Lumbar Spine pathologies, recognize subjective and objective signs and symptoms of common Lumbar Spine pathologies, determine the necessary precautions and contraindications, and design comprehensive treatment protocols, both manually and exercised based. New and updated clinical pathology of the Lumbar Spine from Drs. Lance Twomey, Nikolai Bogduk and David Butler form the framework from which Lumbar pathologies and pain patterns are discussed.

Physical therapy treatment, as well as medical interventions and diagnosis (MRI, CT scan, X-Ray, etc.) will be discussed in relation to the new and updated research information. The material covered in this course is immediately applicable in the clinic and covers common conditions such as **disc lesions, nerve root pain, facet joint injuries, spinal stenosis, spondylolisthesis, SIJ dysfunction and more**, which will be discussed in depth. Clinicians will be instructed in safe and effective handling skills during the evaluation and treatment of the Lumbar Spine. Assistants will be available to ensure high quality, hands-on help. Treatments covered include joint mobilization, traction, neural tissue mobilization, soft tissue mobilization, functional rehabilitation as well as patient education.

## Special Features:

- Sound clinical reasoning, based on the Australian Maitland Approach
- Inflammatory properties of the intervertebral disc
- Thorough subjective and objective examination
- Spinal Imaging - X-Ray, MRI, CT, Discogram, mylogram,....
- Spinal mobilization, neural tissue mobilization, exercise, modalities, medical treatment and referrals and more...
- Medical management: Pharmacology and Epidurals
- Patient education, based on the latest research: obesity & LBP, mattresses, smoking, back packs and more
- 200 + page manual with pictures of all tests, techniques & exercises.

## ISPIInstitute.com

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, functional exercise programs, to patient education.

## Course Layout

### Day 1:

|               |                                      |
|---------------|--------------------------------------|
| 8:00 - 8:15   | Introduction & welcome               |
| 8:15 - 9:15   | Low Back Pain and Clinical Reasoning |
| 9:15 - 10:00  | Clinical Anatomy of the L-Spine      |
| 10:00 - 10:15 | Break                                |
| 10:15 - 10:45 | Lab: Palpation                       |
| 10:45 - 11:45 | Subjective Evaluation                |
| 11:45 - 12:00 | Imaging Spinal Disorders             |
| 12:00 - 1:00  | Lunch                                |
| 1:00 - 1:15   | Planning the objective evaluation    |
| 1:15 - 3:00   | Physical Examination of the L-Spine  |
| 3:00 - 3:15   | Break                                |
| 3:15 - 4:00   | Physical Examination of the L-Spine  |
| 4:00 - 5:00   | Spinal Mobilization                  |

### Day 2:

|               |                                       |
|---------------|---------------------------------------|
| 8:00 - 8:15   | Questions/Recap                       |
| 8:15 - 8:45   | Disc Lesions                          |
| 8:45 - 9:15   | Spinal Mobilization                   |
| 9:15 - 10:00  | Neurodynamics of the lumbar spine     |
| 10:00 - 10:15 | Break                                 |
| 10:15 - 11:00 | Facet Joints, Stenosis, DJD           |
| 11:00 - 12:00 | Spinal Mobilization                   |
| 12:00 - 1:00  | Lunch                                 |
| 1:00 - 1:30   | SI Joint Dysfunction                  |
| 1:30 - 2:00   | SI J Treatments                       |
| 2:00 - 2:45   | Spinal Instability and Stabilization  |
| 2:45 - 3:00   | Break                                 |
| 3:00 - 4:00   | Spinal Surgery and Rehab.             |
| 4:00 - 4:30   | Spinal Mobilization                   |
| 4:30 - 4:45   | Advice and Education for LBP patients |
| 4:45 - 5:00   | Conclusions and summary               |
| 5:00          | Class ends                            |

## Course Objectives:

1. Understand the clinical pathology of the Lumbar Spine
2. Able to conduct a thorough subjective evaluation
3. Able to perform a skilled physical examination of the Lumbar Spine and associated structures
4. Design and implement a thorough treatment plan, including spinal mobilization, neural tissue mobilization, soft tissue mobilization, exercise, traction and education.
5. Perform all the techniques in a skilled and safe manner.

## 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 # \_\_\_\_\_

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

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

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

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

**Lumbar Spine \$425**  
**Kansas City, MO October 6 & 7, 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

### Mail, Fax or Call

International Spine & Pain Institute

P.O. Box 232

Story City, IA 50248

Phone (515) 733-2699 Fax (515) 733-2744

info@ISPIInstitute.com

Education in Therapy...

