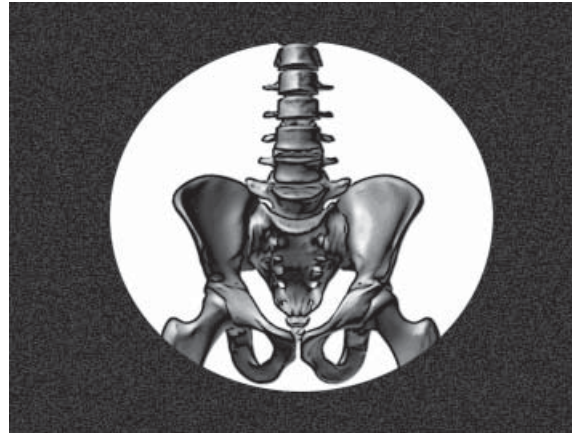


The Lumbopelvic Region



Day One

7:30	8:00	Registration
8:00	9:00	Lumbar Anatomy and Physiology
9:00	9:45	Biomechanics of the Lumbar Spine (Lecture) <ul style="list-style-type: none">• Coupled vs. noncoupled movement• Movement of normal and hypermobile segments• Effects of the thoracic and hip muscles on the lumbar spine
9:45	10:15	Lumbar Dysfunctions, Diagnosis, Signs and Symptoms (Lecture) <ul style="list-style-type: none">• Hypermobility• Hypomobility• Postsurgical• Spondylosis, spondylolisthesis, disc bulge or herniation, facet arthropathy, stenosis
10:15	10:30	Break
10:30	12:30	Evaluation: Lumbar Hypermobility and Hypomobility Dysfunctions (Lecture/Lab) <ul style="list-style-type: none">• A Step-by-step process of evaluation<ul style="list-style-type: none">- Posture, palpation of key structures- AROM- Provocation/alleviation between segments, facet, and muscle
12:30	1:30	Lunch (on your own)
1:30	3:30	Evaluation Continued: (Lecture/Lab) <ul style="list-style-type: none">• PIVM, muscle energy techniques for positional faults• Joint play (facet and disc/gliding and traction)• DTR's, sensation, myotome/muscle testing palpation
3:30	3:45	Break
3:45	4:45	Evaluation Continued: Lumbar (Lecture/Lab) <ul style="list-style-type: none">• Continuation of neurological testing, assessing muscle tightness and joint testing of other areas• Continuation of joint play, multiple positions
4:45	5:45	Treatment of the Lumbar Spine (Lecture/Lab) <ul style="list-style-type: none">• Joint mobilizations• Treatment techniques /progression of treatment• Manual techniques: STM, functional massage
5:45	6:00	Review and Questions

Day Two

8:00	8:15	Review and Questions
8:15	9:45	Treatment of the Lumbar Spine (Continued) <ul style="list-style-type: none">• Manual techniques, disc traction, facet traction and gliding, muscle stretching• Techniques for maintaining neutral pelvis with ADL's• HEP, flexibility and strengthening
9:45	10:00	Break
10:00	11:00	Treatment of the Lumbar Spine (Continued) <ul style="list-style-type: none">• Lumbar stabilization exercises from beginning to advanced• HEP
11:00	11:30	Anatomy, Physiology, and Biomechanics: Pelvis/Sacrum (Lecture) <ul style="list-style-type: none">• Normal biomechanics and dysfunctional movements• Effects of lumbar spine and hips on pelvis
11:30	12:00	Lunch (on your own)
12:00	1:15	Pelvis/Sacrum Evaluation/Treatment (Lecture/Lab) <ul style="list-style-type: none">• Posture, palpation of key structures• AROM, PROM/joint play testing• Provocation and alleviation testing• Assessment for nutation and counternutation<ul style="list-style-type: none">- Corrections/treatment using joint mobilization and muscle energy techniques
1:15	2:45	Pelvis/Sacrum (Lecture/Lab) Evaluation continued with Treatment and Exercise Prescription <ul style="list-style-type: none">• Assessment for positional fault: sacral torsions, pelvic rotations, upslips/downslips, inflairs/outflairs• Corrections/treatments utilizing joint mobilizations and/or muscle energy techniques• Stabilization program
2:45	3:00	Typical Case Studies <ul style="list-style-type: none">• Lumbar stenosis• Lumbar post surgical• SI/pelvis problems• Lumbar bulge or herniation
3:00	3:15	Review and Questions

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About the Educator

Brian Nalazek, OMPT, PT, CWT, graduated with department honors with a bachelor of science in physical therapy from the Oakland University in Rochester, MI in 1990. He completed his orthopedic manual physical therapy residency program (based from the Kaltenborn/Evjenth Nordik System) in 1999. He received his certificate of completion from the IWA as a certified weight trainer in October of 2003. He is also in the process of completing his advanced masters degree in orthopedics. Brian combines his extensive orthopedic background to the systematic approach of his teachings. He has been educating in a variety of orthopedic topics for over eight years. Brian successfully set up an orthopedic clinic and has established a community network of physicians and therapists. He also set up a consistent referral base with local physicians due to the successful outcomes he obtains with his orthopedic clients.

Brian's approach to orthopedic dysfunction combines an eclectic approach of joint mobilizations, muscle reeducation, manual therapy, exercise and education.



Why You Should Attend This Course

This intermediate level two-day seminar is designed to provide the medical professional with the information needed to develop a comprehensive evaluation and treatment program for the lumbopelvic region. This course begins with a review of the functional anatomy of the lumbar spine, lumbo sacral junction and the pelvic girdle. The biomechanical and musculoskeletal relationships between the structures are explored and an in-depth analysis of functional and dysfunctional biomechanics is thoroughly covered.

By engaging the participants in laboratory exercises, the fundamentals of lumbopelvic dysfunctions are exposed. In-depth analysis of the biomechanics of the lumbar spine, iliosacral and sacroiliac joints are presented as the basis for evaluation of alignment within the lumbopelvic region. Through extensive lab exercises, the participants are led through a systematic approach to identifying functional versus dysfunctional motion and are led through a series of hands on activities to develop comprehensive management approaches to restoring optimal biomechanical function. Each dysfunction discussed is followed by treatment solutions that include a systematic manual therapy approach utilizing joint mobilizations as well as muscle energy and stabilization exercises. Dysfunctions such as hypo/hypermobility, disc disorders, facet arthropathy, positional faults, stenosis, compression fractures, muscle imbalances, upslips, downslips and pelvic rotations are thoroughly covered.

Through use of extensive manual techniques and exercises, participants will learn to restore a patient's function and spinal alignment. The illustrated course manual provides step-by-step instructions that assist the clinician to immediately and confidently apply the new skills to their clinical setting. By combining this comprehensive assessment and treatment approach participants will understand the importance of identifying specific dysfunctions in a timely manner. Proper timing of specific rehabilitation techniques will facilitate effective treatment outcomes. Participants of this course will be able to effectively treat lumbopelvic dysfunction by achieving significant results in fewer treatment sessions.

Course Objectives

Upon completion of this course participants will be able to:

- Recognize the functional anatomy and biomechanics of the lumbopelvic region.
- Describe the indications and contraindications for using muscle energy and joint mobilization techniques.
- Perform an assessment of lumbar, sacral, innominate and pubic dysfunctions and make appropriate diagnoses.
- Differentiate between dysfunctions originating from facets, discs or musculoskeletal origins.
- Identify specific dysfunctions in the lumbopelvic region and understand when and how to apply appropriate treatment solutions.
- Perform a combination of techniques (joint mobilizations, muscle energy, therapeutic exercises) to effectively treat dysfunctions of the lumbopelvic region.
- Develop appropriate home exercise prescriptions for patients to maintain normal and correct alignment.
- Design step-by-step treatment programs for each dysfunction.

Registration Form

The Lumbopelvic Region

Registration fee: **\$425**

Registration fee with hip DVD only \$504.95, DVD and HS \$590.00

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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.