2022 Course Dates & Locations

September 10-11, 2022

FTG Physical Therapy
22500 NE Marketplace Dr, Suite #204
Redmond, WA

This course is 15.0 contact hours/1.5 CEU's

This course is 18.0 contact hours/1.8 CEU's, for therapists licensed in NY, IL or DC.

Certificates for attendance are given upon successful completion of the course.

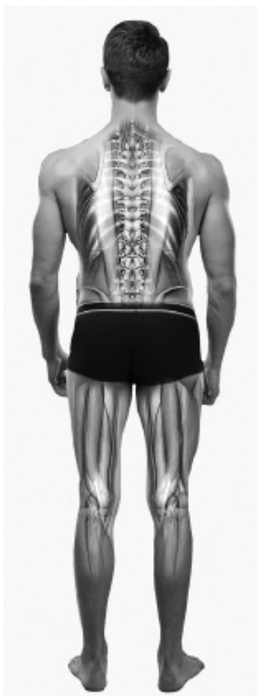
BOC provider #P2047
IL Provider #216000074 | AOTA Provider #4487

This course is applicable for PT, PTA and AT's. This course meets the continuing education requirements for physical therapists in the States of Alaska, Alabama, Colorado, Connecticut, District of Columbia, Delaware, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington, Wisconsin and Wyoming. This course meets the ceu requirements set forth by the Nevada Board of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval #PTNAS-2020-47. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This course meets the requirements set forth by the Virginia Board of Physical Therapy. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # # 2207038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15 ccu's. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois. IL Provider # 216000074. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Pennsylvania,Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. **BOC provider # P2047, category A.** Call for BOC evidence-based status.

This course helps you to connect the dots between movement analysis, clinical exam, Hypothesis driven functional treatment, connecting to functional limitations, resulting in optimal outcomes!

Functional Mechanics of the Lumbopelvic Region and Lower Quarter

A Functional Treatment Paradigm to Improve Lumbopelvic Movement Dysfunction



An Evidenced-Based Course

Presented by

Lukas Tvedt, PT, DPT, OCS

North American Seminars®
1-800-300-5512 | Fax 1-800-310-5920
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Responsible CME®
PT, PTA and ATC - Continuing Education Course

Day One

7:30	8:00	**Registration**
8:00	8:15	**Introduction**
8:15	8:45	**Importance of Clinical Assessment of Functional Movement Deficits** • Connecting Selected outcome measures to treatment and patient engagement • Patient education/engagement strategies RE: Outcome measures
8:45	9:30	**Red Flags Overview** • Lower Quarter • Lumbar-Yellow flags - Pain science - Patient education
9:30	10:15	**Hip Anatomy & Surrounding Structures**
10:15	10:30	**Break**
10:30	11:00	**Lumbar Anatomy and Surrounding Structures** • Identifying key structures • Functional anatomy of the kinetic chain
11:00	12:00	**Gait Biomechanics(Lab)** • Gait Assessment - Systematic approach to gait assessment - Use of technology in assessment
12:00	1:00	**Lunch (on your own)**
1:00	1:45	**Patient Case: Gait Assessment / Movement Analysis** • Incorporating functional outcome measures into assessment/TX • Functional deficits and required objective measures
1:45	2:30	**Pathomechanics of the LE** • Hip, knee, foot and ankle
2:30	3:15	**LE Functional and Evidence Based Assessment (Lec / Lab)** • Functional Squatting assessment • Step Down Test / Single Leg Stance assessment • Advanced Testing
3:15	5:30	**Hip and LE Evaluation, Intervention: (LAB): Therapeutic Activity / Exercise Progression** • Mobility Deficit - Functional limitations-based intervention (outcome measures) - HEP implementation–patient engagement • Motor programing, neuromotor deficit - Intervention (motor learning) - HEP implementation • Strength deficit -Intervention, HEP implementation

Day Two

8:00	8:30	**Patient Case: Elite Swimmer (Anterior Hip Pain)**
8:30	9:15	**SIJ Differential Dx.** • SIJ Provocation testing (SIJCPR) • Intervention w/ IAB – treating common pelvic obliquity
9:15	9:30	**Break**
9:30	10:15	**2021 Clinical Practice Guidelines** • Clinical exam driving intervention (L/S vs SIJ) - 2012 CPG vs 2021 CPG - Differences - Similarities
10:15	11:00	**Treatment Based Classification System** • Treatment of LBP subgroups - Acute or chronic LBP - LBP with leg pain - LBP in older adults - Post-op LBP
11:00	11:30	**Anatomy and Biomechanics Review: Lumbar / Pelvic Girdle** • Regional Interdependence: Evidence connecting hip weakness to L/S pathology • Type I vs Type II spine mechanics: osteopathic approach
11:30	12:30	**Lunch (on your own)**
12:30	2:15	**(LAB): Therapeutic Activity / Exercise Progression:** • Intervention: acute LBP vs chronic LBP - Therapeutic exercise - Manual & other directed therapies - Classification systems - Patient education
2:15	4:00	**Patient Case Presentations: Participant-Led patient Case** • Patient Case: Lumbar-centric Functional deficits • Patient Case: Hip-centric functional deficits • Patient Case: Knee-centric functional deficits • Patient Case: Ankle/foot-centric functional deficits
4:00	4:30	**Closing Remarks: Testing and Participants Surveys**

About the Educator

Dr. Tvedt received his Bachelor of Science degree in Kinesiology with a minor in Psychology from California Polytechnic State University, in San Luis Obispo, CA. His Doctor of Physical Therapy degree was from the #1 rated Physical Therapy program in the US, at The University of Southern California in Los Angeles, CA. As a licensed physical therapist Dr. Tvedt graduated from an American Physical Therapy Association accredited Orthopaedic Clinical Residency, and has earned a board certification in the specialty of orthopaedics (OCS) through the American Board of Physical Therapy Specialties. He continues to be an active member of The American Physical Therapy Association, and APTA's Orthopaedic Section. While attending Cal Poly, SLO, Lukas conducted independent published research. It was on the topic of Diabetic Peripheral Neuropathy titled, "Clinical Effectiveness of Monochromatic Infrared Energy and Therapeutic Exercises on Balance, Gait, & Protective Sensation in Patients with Diabetic Peripheral Neuropathy." He also assisted research in the Motor Behavior/Learning Lab at USC.

Dr. Tvedt continues to instruct other clinicians locally and nationally on the topics of manual therapy for the spine & sacroiliac joint, as well as the hip/lower extremity. Lukas developed an anatomy & physiology based curriculum utilized internationally by a renowned Pilates organization for certification of its instructors. He currently serves as a clinical mentor within an APTA accredited orthopaedic residency for licensed physical therapists seeking advanced clinical practice with Team Movement for Life, & The University of Southern California. Dr. Tvedt has over 13 years clinical experience in the outpatient realm, and is the clinic director of Movement For Life's Ft. Lowell, and Tanque Verde locations treating patients ranging from weekend warriors to Major League Baseball, Mixed Martial Arts, ballet dancers, golfers, football, tennis and volleyball players, Ages 1-95. He holds an adjunct faculty position with Northern Arizona University's Department of Physical Therapy & Athletic Training. Dr. Tvedt also sits on the Clinical Advisory Board for NAU's entry level Doctor of Physical Therapy (DPT) program, which is in place to further support their mission and continue efforts to enhance clinical education for tomorrow's leading clinicians.

Outside the clinic, Lukas serves to raise money for local charities as a member of The New Centurions, and as a charter member of the Arizona Bowl Committee and Medical Services Director. Dr. Tvedt was honored in 2016 with the Tucson Hispanic Chamber's Top 40 Under 40 distinction for professionals serving the greater Tucson region, and The 2020 Arizona Bowl Volunteer of the year awarded by the College Football Bowl Association. However, his favorite job is being a father to his 3 wonderful boys.

Why You Should Attend This Course

This two-day intermediate level evidence-based course provides you with the information and skills necessary to analyze the functional anatomy and mechanics of the lumbar spine and lower kinetic chain. Providing essential tools for value-based care to improve functional outcomes while optimizing reimbursable time.

Extensive laboratory sessions focus on connecting observation of movement impairments with differential diagnosis to determine underlying etiologies presenting in conjunction with lumbar dysfunction, hip pain/stiffness, and lower extremity pathologies. Use of patient cases, participant interaction, and video analysis of movement strategies is presented to determine evidence-based treatment strategies for various lumbopelvic and lower extremity diagnoses. Common patient presentations such as lumbar stenosis, lumbar facet dysfunction, lumbar strain, hip bursitis, gluteal tendinitis, piriformis syndrome, ITB Friction Syndrome, patellofemoral pain syndrome, patellar tendinitis, Achilles tendonitis, plantar fasciitis and posterior tibialis tendon dysfunction to name a few, are discussed in relation to movement system inefficiencies.

Laboratory sessions, along with key examination techniques to analyze gait, objective findings, and functional mobility, will provide the essential skills needed to identify altered movement patterns within the ankle, knee, hip, and lumbar spine and their possible etiology. This approach demonstrates the importance of an understanding of how synergistic movement is necessary within the lumbar spine and lower extremities to maintain functional, healthy movement patterns and to avoid compensatory motions that can contribute to long-term disabilities and decreased performance during any activity.

At the conclusion of the course, clinicians will understand how to perform a movement examination and apply critical thinking utilizing objective measurement tools to rule out specific dysfunction coming from the lumbar spine, hip and/or lower extremity regions. Critical results analysis will enable the clinician to develop progressive rehab programs to include therapeutic activities, manual therapy-functional motion, and specific exercise programs and to promote optimal function. You will be able to maximize your therapy sessions by identifying the true mechanisms of injury and developing a comprehensive program that encompasses the synergistic movement patterns of the lumbar spine and lower kinetic chain to promote optimal function.

Course Objectives

Upon completion of this course, participants will be able to:

- Identify anatomical structures and normal biomechanical motion of the hip, lumbar spine and lower quarter.
- Apply etiological and physiological concepts as they pertain to the hip, lower quarter and lumbar spine function, while recognizing signs and symptoms associated with various conditions including patients with chronic/episodic pain.
- Implement a systematic approach to gait assessment and describe common impairments throughout the lower kinetic chain that can lead to movement dysfunction and functional limitations in the LE and Spine.
- Establish and integrate an accurate treatment classification category and Lumbar Clinical Practice Guidelines (CPG) into a comprehensive program for treatment of lumbopelvic disorders.
- Plan and implement an evidence-based assessment for the lumbopelvic region and correlating structures based on a biomechanical assessment of the lower extremity and trunk.
- Justify and perform specific mobilizations and mobilizations with movement to the lumbar spine, and lower quarter with progressive therapeutic interventions.
- Incorporate clinical reasoning skills and evidence based research when analyzing the results from a movement analysis examination as it pertains to Lower Extremity and Lumbar dysfunction.
- Develop a progressive therapeutic activity/exercise programs to decrease pain and promote biomechanically optimal motion within the lumbar spine and lower quarter.
- Understanding of variables determining proper progress to promote improved functional and subjective outcomes in patient populations presenting with LBP/LE dysfunction.

Functional Mechanics

Course Tuition: $450.00

For more information contact

meghan.biggs@chooseftg.com

Register Online! www.teamtmfk.com

Name _____ Profession _____

Home Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp.date _____ CVV _____ Phone _____

e-mail _____

Location of attendance _____

All this information is required in order to process a registration

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.