Movement System Impairment Syndromes of the Lumbar Spine and Hip: Interactions and Evidence

Course Faculty:
Shirley Sahrmann PT, PhD, FAPTA

Saturday & Sunday
March 18-19, 2017

Held at Arcadia University, Glenside, PA 19027

SPONSORED BY: ARCADIA UNIVERSITY PHYSICAL THERAPY ALUMNI ASSOCIATION

Visit us at www.arcadia.edu/pt
Follow us at twitter.com/arcadiaunivpt
And at www.facebook.com/arcadia.pt

The Speaker
Shirley Sahrmann PT, PhD, FAPTA

Dr. Sahrmann is Professor Emeritus of Physical Therapy at Washington University School of Medicine, St. Louis, Missouri. She received her bachelors degree in Physical Therapy, masters and doctorate degrees in Neurobiology from Washington University. She is a Catherine Worthingham Fellow of the American Physical Therapy Association and is a recipient of the Association's Marion Williams Research Award, the Lucy Blair Service Award, the Kendall Practice award, the Inaugural John H.P. Maley Lecture and Mary McMillan Lecture awards.

Dr. Sahrmann has also received Washington University's Distinguished Faculty Award, the School of Medicine’s Inaugural Distinguished Clinician Award and an honorary doctorate from the University of Indianapolis. She has also received the Bowling-Erhard Orthopedic Clinical Practice Award from the Orthopedic Section of the APTA. She has served on the APTA Board of Directors and as president of the Missouri Chapter. In addition to her numerous national and international presentations, Dr. Sahrmann has been a keynote speaker at the World Confederation of Physical Therapy, and at the Canadian, Australian, New Zealand and Danish national congresses.

Dr. Sahrmann's research interests are in development and validation of classification schemes for movement impairment syndromes as well as in exercise based interventions for these syndromes. Her books, Diagnosis and Treatment of Movement Impairment Syndromes and Movement System Impairment Syndromes of the Cervical and Thoracic spines and the Extremities, describe the syndromes and methods of treatment.
Registration Form

Movement System Syndromes of the Lumbar Spine and Hip:
Interaction and Evidence

Saturday & Sunday March 18th-19th, 2017

Name: ____________________________
Address: __________________________
____________________________________
Phone # __________________________
Email: ____________________________

Registration Deadline: February 28, 2017
☐ Arcadia/Beaver/Penn PT Alumni $325
☐ Other Physical Therapists $400

TOTAL………………………… $_____

Space is limited, so early registration is encouraged

Make Checks Payable and Mail To:
ARCADIA UNIVERSITY PT DEPARTMENT

Attn: Andy McCullough
450 S. Easton Road
Glenside, PA 19038
For More Information Call: 215-572-2950
Or E-mail: amccullough@arcadia.edu

Confirmation emails and directions will be sent out when payment is received.

COURSE DESCRIPTION

The interactions of the lumbar spine and hip are particularly important to physical therapy for two reasons. The first reason is the challenge of determining whether pain in the hip region is from the lumbar spine, the hip or both. The second is that movements of the hip affect the lumbar spine and thus contribute to movement impairments. Therefore examination of the hip is consistent with the properties of the kinetic chain and the kinesiologic interaction of the back and hip. This lecture will describe the movement system impairment (MSI) syndromes of the lumbar spine and hip joint. The discussion will include factors contributing to these syndromes particularly as they relate to the passive and active characteristics of muscle and to the structural variations of the hip joints. The clinical and laboratory evidence of back and hip interactions will be discussed. The presentation will help clarify how the pain pattern and the examination that includes correcting the offending movement can assist the therapist in determining the regional source of the pain.

COURSE OBJECTIVES

Upon completion of the course the participant should be able to:
1. Describe the Movement System and Movement System Impairment (MSI) syndromes of the lumbar spine and hip joint.
2. Discuss the factors contributing to development of musculoskeletal pain conditions.
3. Discuss concepts of relative flexibility, the joints’ intrinsic motions and the tendency to move readily in a specific direction and relative stiffness, the passive tension of muscle and connective tissue.
4. Discuss the MSI syndromes of the lumbar spine.
5. Discuss the MSI syndromes of the hip joint.
6. Describe the examination and treatment for the MSI syndrome of the lumbar spine.
7. Describe the examination and treatment for the MSI syndrome of the hip joint.
8. Discuss the interactions of the lumbar spine and hip as affected by muscular and structural factors.
9. Discuss the evidence for interactions of the spine and hip

Address questions to: amccullough@arcadia.edu

Schedule

Saturday, March 18th
8:30-9:00 Registration
9:00-10:30 Movement system concepts and the kinesiopathological model
10:30-10:45 Break
10:45-12:00 MSI syndromes of the lumbar spine
12:00-12:30 Hip factors contributing MS lumbar syndromes
12:30-1:30 Lunch (on your own)
1:30-3:00 Demonstration of MSI exam for lumbar syndromes, discussion of treatment program
3:00-3:15 Break
3:15-4:15 Demonstration of MS exam for lumbar syndromes: participants determine diagnosis and treatment program
4:15-5:00 Evidence for MSI lumbar syndromes and effect of hip motions

Sunday, March 19th
9:00-10:30 Structure and muscular control of hip joint
10:30-10:45 Break
10:45-12:30 MSI hip joint syndromes: femoral-artikineumatic
12:30-1:30 Break
1:30-3:00 Lunch (will be provided)
3:00-3:15 Demonstration of exam for MS femoral syndrome, discussion of treatment program, participants determine diagnosis and treatment program
3:15-4:00 Demonstration of MSI exam and development of treatment program of subject with low back and/or hip pain & evidence for factors in hip syndromes
4:00-5:00 MSI syndrome of the hip-ostekinematic

Earn 13 Contact Hours
Pending approval by State boards of NJ, and DE for 13 contact hours. Arcadia University is an approved sponsor for contact hours in PA and NY

Lunch will be provided on Sunday during our Silent Auction as we join together with Arcadia DPT students to help raise funds for our international Pro Bono programs