



Are you up for the challenge?

*A fundraiser for the
Foundation for Physical Therapy*

The DPT students at Georgia State University invite you to participate in a continuing education weekend for the *Georgia State - Marquette Challenge*.

**Evidence-Based Examination and Treatment
of the Lumbopelvic Region: An Integrated
Manual Therapy Approach**

(17 contact hours will be awarded by GSU Division of Physical Therapy)

Presented by:
The Division of Physical Therapy Clinical Faculty
Georgia State University
Atlanta, Georgia

**Continuing Education Weekend
March 13 - 15, 2009**

Speakers: Joseph M. Donnelly, PT, DHS, OCS
Philip A. Fabrizio, PT, DPT, MS, CEAS
Russell Foley, PT, MS
Timothy McMahon, PT, MS, OCS
Deborah M. Michael, PT, DPT, CPed
Brian Yee, PT, MPhty (Manips), OCS, FAAOMPT

Course overview: Low back pain (LBP), specifically recurring LBP, continues to be a major financial burden to the health care system. It is estimated that the associated direct and indirect costs exceed \$75 billion annually. Patients with LBP comprise approximately 50-60% of all patients receiving outpatient physical therapy. Current evidence supports the use of a multifactorial approach for the management of patients with recurring LBP. The purpose of this continuing education weekend is to present an evidence-based manual therapy approach for the management of patients/clients with neuromusculoskeletal impairments of the lumbopelvic region contributing to LBP. Emphasis will be placed on evaluation, classification, and intervention strategies for patients/clients with lumbopelvic impairments.

Friday, March 13

3:00 p.m. – 4:30 p.m. **Physical Stress Theory: A Guide for Physical Therapy Management**

Presenter: Deborah Michael, PT, DPT, CPed

Course Description: This course is designed to introduce the participant to the concepts of the Physical Stress Theory. Utilization of the fundamental principles of this theory will serve as a guide for prevention and treatment of a broad range of problems related to physical therapy. The theory will help to organize a variety of treatment techniques for patient care. Cases will be utilized to assist the participant in recognizing factors contributing to the patient problem and to identify possible modifying factors associated with its treatment.

Objectives:

1. Understand the basic premise of the Physical Stress Theory.
2. Recognize factors that affect the level of physical stress on tissues.
3. Identify mechanisms to modify physical stresses on tissues.

4:30 p.m. – 5:00 p.m. Dinner provided

5:00 p.m. – 8:00 p.m. **Gross Anatomy of the Lumbopelvic Region: A Cadaver Lab**

Presenter: Philip Fabrizio, PT, DPT, MS, CEAS

Course description: This course will review gross anatomy and explore the relationships and interrelationships of the neural, muscular, and skeletal systems as they may pertain to intervention techniques for the lumbopelvic region.

Objectives:

1. Identify and analyze structural relationships of the peripheral nervous system.
2. Identify and examine structural and functional relationships of the muscles of the lumbar spine and pelvis.
3. Identify and examine structural and functional relationships of the lumbar spine, pelvis and hips.

Saturday, March 14

8:00 a.m. – 12:00 p.m. **Non-Thrust / Thrust Manipulation of the Lumbopelvic Region**

Presenter: Tim McMahon, PT, MPT, OCS

Course description: This lecture/lab course will focus on incorporating evidence-based practice in the management of patients with LBP, with an emphasis on a treatment-based classification approach. This treatment-based classification approach consists of four subgroups of patients, each with a label intended to capture the primary goal of treatment: 1) Mobilization 2) Centralization, 3) Stabilization, and 4) Traction. Evidence to support the decision making process identifying sub-groups of individuals who will benefit from non-thrust/thrust manipulation will be discussed. Additionally, a lab session will be used for demonstration and practice of common non-thrust and thrust manipulation techniques of the lumbopelvic region for the management of patients with lumbopelvic pain.

Objectives:

1. Recognize the importance of a treatment-based classification system in the evaluation and clinical management of LBP.
2. Identify four subgroups of patients with acute LBP.
3. Understand the evidence for clinical decision making when identifying which patient is most appropriate for the mobilization classification category.
4. Select and demonstrate non-thrust and thrust manipulation interventions based on current best evidence.

12:00 p.m. – 12:30 p.m. Lunch provided

12:30 p.m. – 4:30 p.m. **Neurodynamics for the Lower Quadrant: Moving Beyond ‘Nerve Stretching’ – Technique and Application**

Presenter: Russell Foley, PT, MS

Course description: This course introduces evidence-based research regarding neural tissue dysfunction, providing participants with a clinically applicable treatment approach that utilizes neurodynamic techniques for the lower quadrant to improve neuromusculoskeletal impairments. Participants will learn a comprehensive treatment approach that utilizes clinical reasoning to formulate interventions based upon patho-mechanical and physiologic states.

Objectives:

1. Describe the current clinical research regarding neural tissue dysfunction in neuromusculoskeletal pain.
2. Perform neurodynamic testing for lower quadrant related nerves, including central canal/dura, sciatic, and femoral nerves.
3. Employ a neurodynamic physical examination that does not provoke, but still treats, the neurodynamic component of the patients presentation.
4. Synthesize a method of treatment that incorporates progressions to address common neurodynamic dysfunctions in the lower quadrant.

Sunday, March 15

8:00 a.m. – 12:00 p.m. How to Address Altered Motor Control in the Lumbopelvic Region: A look at Real Time Ultrasound Imaging, Local and Global Stabilizing Systems, and the Influence of Myofascial Trigger Points

Presenter: Joe Donnelly, PT, DHS, OCS,
Brian Yee, PT, MPhy (Manips), OCS, FAAOMPT

Course description: This course will focus on a motor control model as an intervention strategy for addressing recurrent LBP. Real time ultrasound imaging will be demonstrated as a tool to evaluate muscle recruitment of the local stabilizing system in the lumbopelvic region. Diagnostic criteria as well as clinical characteristics of myofascial pain and motor control in the lumbopelvic region will be discussed. Common myofascial trigger point referred pain patterns in the lumbopelvic region will be reviewed along with an exercise prescription to improve movement impairment in the lumbopelvic region.

Objectives:

1. Discuss current evidence to support the use of a motor control model for the treatment of recurrent LBP.
2. Discuss and demonstrate the use of real time ultrasound imaging to evaluate motor control of the local stabilizing system.
3. Discuss current evidence to support the examination and evaluation of myofascial trigger points as a source of symptoms for movement impairments in the lumbopelvic region.
4. Perform manual therapy interventions to improve motor control and muscle performance of the local and global stabilizing systems.

12:00 p.m. – 1:00 p.m. Panel Discussion - Lunch provided

The presenters will come together for a question and answer session. Participants are encouraged to bring case examples or questions regarding management of patients with lumbopelvic dysfunction to the panel. Participants will be encouraged to share their clinical insights as well.

Presenter Bios:

Joseph M. Donnelly, PT, DHS, OCS

Joe is currently a Clinical Assistant Professor in the Division of Physical Therapy at Georgia State University and orthopedic clinical consultant at the Sports Rehab Centers in Midtown and Brookhaven. He earned a Bachelor of Science Degree in Physical Therapy from Daemen College in Buffalo, NY in 1984 and a Master of Science Degree in Orthopedic Physical Therapy from the University of Pittsburgh in 1989. In 1992 Joe received board certification in Orthopedic Physical Therapy by the American Board of Physical Therapy Specialties and was recertified in 2001. Joe completed a post professional course with a focus on Maitland's approach to clinical reasoning at the University of South Australia in Adelaide, in 1995. In 2000, he completed an independent study at Charles University in Prague, Czech Republic with Vladimir Janda, MD and Karel Lewit, MD. In 2006, he completed his Doctor of Health Science Degree in Orthopedic Physical Therapy from the University of Indianapolis. Joe has worked extensively with Dr. David G Simons regarding myofascial pain and dysfunction and how it relates to movement impairment. Joe is an active member of the APTA serving as Georgia's Chief Delegate, Orthopedic Section's vice-chair of the practice committee, and expert member panel on development of Clinical Measures. He is also a member of the American Academy of Orthopedic Manual Physical Therapist as well as a member of the International Myopain Society. He is an Editorial Review Board Member for the Journal of Musculoskeletal Pain.

Philip A. Fabrizio, PT, DPT, MS, CEAS

Philip received his Master of Science Degree in Exercise Physiology from the University of Pittsburgh in 1987, his Master of Physical Therapy Degree from Duquesne University in Pittsburgh, PA in 1994, and his Doctor of Physical Therapy Degree from Marymount University in 2008. Philip has contributed to research in muscle structure and function and is currently on the faculty in the Division of Physical Therapy at Georgia State University where he teaches Functional Anatomy, Neuroanatomy, and Pathophysiology. Philip is a member of the APTA-Orthopedic Section, American Association of Clinical Anatomists (AACA), and is certified as an ergonomics assessment specialist (CEAS).

Russell Foley, PT, MS

Russell received a BS and MS degrees in Physical Therapy from Northwestern University. He completed his Masters of Science degree with emphasis of study in neuroscience and pain mechanisms. He also received an honorary Doctorate Degree from the International Multidisciplinary Scientific Society established in 1962 in Alma Ata for the first original research from the United States in the use of Low Intensity Laser for pain management. He was formerly Director of the Pain Clinic at St. Anthony's Hospital Medical Center in Rockford, Illinois. He was a faculty member at Northwestern University Medical School, Programs in Physical Therapy in Chicago where he taught in both the entry-level and graduate programs of the Orthopedic Physical Therapy Tract. He also served as a civilian consultant to the United States Air Force on pain management and musculoskeletal evaluation and treatment. He is on faculty at Rocky Mountain University in Provo, Utah in the Orthopedic/Sports Medicine Tract. He is also lecturer at Georgia State University, Division of Physical Therapy on Pain Mechanisms located in Atlanta, Georgia. He is a member of the Neurodynamic Solutions teaching faculty based out of Australia. He is also a member of the International Association for the Study of Pain (IASP). Mr. Foley's continuing clinical focus is on integrating the recent advances in the pain sciences into effective physical therapy assessment and management strategies. His particular interest is on the Autonomic Nervous System and neurobiological research, which has shed new light on pain mechanisms. He has lectured though out the United States on the subjects of pain management, Neurodynamics, TENS, CRPS (RSD), and musculoskeletal evaluation and treatment. Presently, he is director of Georgia Rehabilitation and Imaging of Warm Springs Medical Center, in Newnan, Georgia.

Presenter Bios Cont'd:

Timothy McMahon, PT, MS, OCS

Tim graduated from Emory University in 1990 with a Master of Physical Therapy Degree and received board certification in Orthopedic Physical Therapy by the American Board of Physical Therapy Specialties (OCS) in 1997. His clinical experience is primarily in an outpatient orthopedic setting. He is currently an Outpatient Program Supervisor for The Rehab Results Group at Dekalb Medical Center, Part-Time Instructor at Georgia State University, and is a clinical adjunct faculty member at Emory University. His primary teaching responsibility at GSU is in the area of non-thrust and thrust manipulation, classification systems and other manual therapy interventions. In clinical practice, Tim utilizes an evidence based and eclectic manual therapy approach for the management of patients with neuromusculoskeletal disorders.

Deborah M. Michael, PT, DPT, CPed

Deborah received her Bachelor of Science in Biology from Duke University in 1994. In 1996, she received her Master of Science in Physical Therapy from Washington University in St. Louis. Deborah became a certified pedorthist in 2002. She earned her post professional Doctorate of Physical Therapy from Washington University in St. Louis in 2006. Deborah is a Clinical Assistant Professor at Georgia State University involved in the functional anatomy courses, movement science, and the intervention courses. She currently practices as a volunteer for the underserved in the Atlanta community treating a variety of neuromusculoskeletal conditions in addition to a monthly foot clinic for an at risk population at the Good Samaritan Health Center. Deborah is a member of the APTA - Orthopedic, Education, and Clinical Electrophysiology and Wound Management sections and the Pedorthic Footwear Association.

Brian Yee, PT, MPhty, OCS, FAAOMPT

Brian received his Master of Physical Therapy Degree from Northwestern University in Chicago, IL in 1999. In 2003, Brian studied at the University of Queensland in Brisbane, Australia receiving a Master of Physiotherapy – Manipulative Coursework degree. Brian is a Part-Time Clinical Instructor at Georgia State University involved in the musculoskeletal curriculum, as well as clinical research in neurodynamics. Brian is the owner of a private practice, Motion Stability at the Terminus Club (Atlanta, GA). Brian is a member of the APTA – Orthopedic Section, a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT), and a Board Certified Specialist in Orthopedic Physical Therapy. He is the founder of Motion Stability, LLC, a clinical education group focusing on reducing recurrent low back and neck pain (www.motionstability.org).

Registration Information:

Course will be held at **GSU Kell Hall**
 24 Peachtree Center Ave.
 Atlanta, GA 30303

All registration fees will be donated to the Foundation for Physical Therapy on behalf of the DPT students at Georgia State University as part of the GSU-Marquette Challenge.

Hotel Information:

Residence Inn Downtown Atlanta
134 Peachtree St.
(404) 522-0950
3 blocks from campus

For Questions contact: Jani Faison at shpjlf@langate.gsu.edu

Registration form:

Space will be limited due to the hands on nature of the course.

Registration forms should be received no later than March 9, 2009.

Minimum Donation: \$450.00 (\$375.00 if received by Feb 15, 2009)

Make check or money order payable to: Foundation for Physical Therapy

Name: _____

Preferred name on name badge: _____

Address: _____

*E-mail: _____ *Phone: () _____

Mail Registration to: **Jani Faison**
Georgia State University
Division of Physical Therapy
PO Box 4019
Atlanta, GA 30302-4019

*** Confirmation of course registration and directions will be sent via e-mail**