FACULTY

Qteven J. Balogh, DPT, CMPT, CSCS is a Uclinician, educator, and private practice owner of B Physical Therapy. He is a Certified Manual Physical Therapist (CMPT) through the Florida Institute of Orthopedic Manual Physical Therapy and a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. In addition to owning B Physical Therapy, he also serves as a Courtesy Associate Professor in the Physical Therapy program at the University of Central Florida. His clinical expertise encompasses manual therapy, pain management, sports injuries, spine disorders and injury prevention.

EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT**, **OT**, **AT** and **Assistants**.

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

AOTA Approved Provider of Continuing Education # 3073The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA



Please contact us to host this course at your venue.

AUDIENCE

This is an *intro-intermediate level* workshop for **PTs**, **PTAs**, **OTs**, **OTAs and ATs**.

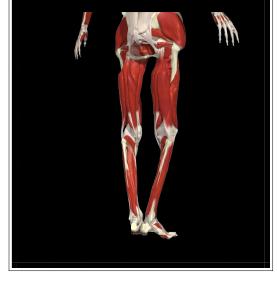
NOTE: Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.

CANCELLATION POLICY

POLICY: Registration fee less a **\$75 administrative charge** is refundable if cancellation received **14 days prior to program date**. **No refunds will be given after that time**. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT responsible for registrants nonrefundable airfare, accommodations or fees.



FACULTY Steven J. Balogh DPT, CMPT, CSCS



THERAPY NETWORK SEMINARS

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OBJECTIVES

- 1. Identify the principles of STM & MET.
- 2. Demonstrate select STM techniques for the Lumbar spine, Pelvis and Hip regions
- 3. Demonstrate select MET to address joint dysfunctions at the Lumbar Spine, Hip, Pelvis, and Sacro-iliac.
- 4. Demonstrate select MET to address muscular imbalances at the hip, pelvis and lumbo-sacral regions.
- 5. Demonstrate select exercises for the regions.

SEMINAR DESCRIPTION

his lab intensive manual therapy course presents the use of mechanical movements as part of the evaluative process to lead to proper selection of techniques to address joint dysfunctions and muscular imbalances of the lumbar spine, pelvis and hip. The emphasis of this course will be on performance of Muscle Energy and Soft Tissue Mobilization Techniques. We will compare and contrast the traditional osteopathic methods of physical examination of the lumbar spine and pelvis with the mechanical diagnosis method of McKenzie and then blend them together into an efficient progression of care. Muscular imbalances will be identified based upon the principles of Janda and addressed with both Soft Tissue Mobilization and Muscle Energy Techniques. Appropriate functional exercises for a home exercise program will be discussed or demonstrated. The laboratory sessions will consist of hands on demonstration followed by an opportunity to perform the techniques and select exercises under the supervision of the instructor. Cases will be presented and discussed to allow for critical thinking in the evaluation and functional treatment process. This course will provide the participant with the understanding and necessary skills to enhance clinical reasoning and manual skills to apply these techniques in the clinical environment.

COURSE SCHEDULE

8:00 8:30 9:00 9:30	Registration and Continental Breakfast Evidenced-Based vs Evidenced-Informed Practice Anatomy Overview of Lumbar Spine, Pelvis and Hip Biomechanics and Coupled Movement of Lumbar the	
	Spine Sacral, Pelvic and Hip Motions Janda's Lower Crossed Syndrome	
10:00	BREAK	
10:15	Management of Lower Back Pain Clinical Prediction Rules	
	Classification Systems: Lumbar, Pelvis, Hip	
	Mechanical Diagnosis and Therapy (McKenzie)	
	Osteopathic Approach	
12:00	LUNCH - on your own	
1:00	Evaluation Process History- Questions and Red Flags	
	Physical Examination and Special Tests	
1:30	Examination Lab – Lumbar Spine and Hip	
2:00	Physical Examination of Pelvis	
2.20	SI Provocation and Pelvic Motion Tests	
2:30 3:00	Examination Lab – Pelvis BREAK	
3:15	Principles of Muscle Energy Techniques and Soft	
	Tissue Mobilization	
3:45	Proposed Order of Treatment	
	Contraindications and Precautions	
	Documentation Exercise Considerations	
4:00	Treatment Lab : Lumbar Spine Techniques	
	Lateral Shift and Acute Kyphosis Corrections	
	Extension Techniques	
5:30	Questions and Adjourn	
<u>Day 2</u>		
8:00	Treatment Lab: MET for Lumbar Spine	
	Flexion Techniques Group/Neutral Technique	
9:00	Treatment Lab: MET for Pelvis	
	Sacro-Iliac Dysfunctions	
	Pubic Symphysis Dysfunctions	
10:15	Superior Pube and Inferior Pube BREAK	
10.15	Treatment Lab: MET for Pelvis	
1000	Ilio-Sacral Dysfunctions	
	Superior Shear	
	Anterior/Posterior Innominates	
12:00	Adjuncts to Treatment LUNCH - on your own	
12.00	Treatment Lab : STM and MET for Select Muscles	
	Erector Spinae - Quadratus Lumborum	
	Iliopsoas - Piriformis	
2.00	Tensor Fascia Latte/ITB	
3:00 3:15	BREAK Treatment Lab: MET for Hip, Quadriceps and	
5.15	Hamstrings	
3:45	Home Exercise Program	
4:15	Case Study discussions	
5:00	Questions, Course Critique and Adjournment	

REGISTRATION

Muscle Energy LQ

Bring a Buddy Registration: \$445 p/p

(No Deadline) Must be done simultaneously

Postmarked **30 days** prior to date of course

Early Registration: \$495

Late Regis	tration: \$545	
Postmarked	within 30 days of course date	
4 WA	YS TO ENROLL	
	fail registration and payment to:	
BY MAIL	Therapy Network, Inc.	
	217 Paragon Pkwy, #201	
	Clyde, NC 28721	
BY PHONE	1.828.452.0068	
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