Course Agenda:

Saturday
8:00-8:15  Introduction
8:15-9:45  Lumbar Spine Treatment Based Classification
  • Staging
  • Screening for Red/Yellow Flags & Psychosocial Behaviors
  • Mobilization and Directional Preference
9:45-10:00  Break
10:00-12:30  Practical Lab – Lumbar Spine
  • Neurological Screening
  • Selected Examination Techniques
  • Manual Therapy Techniques
12:30-1:30  Lunch Break
1:30-2:30  Lumbar Spine Specific Exercise and Traction
2:30-4:30  Practical Lab – Lumbar Spine
  • Neurodynamic Techniques
  • Exercise
  • Manual Therapy Techniques
4:30-5:00  Wrap-up – Treatment Pearls

Sunday
8:00-8:30  Round Robin Review - Manual Therapy Techniques
9:00-10:30  Cervical Examination & Intervention
  • Screening for Red/Yellow Flags & Psychosocial Behaviors
  • Mobilization
10:30-10:45  Break
10:45-12:00  Practical Lab Cervical Spine
  • Selected Examination Techniques
  • Manual Therapy Techniques
12:00-1:00  Lunch
1:00-2:00  Cervical Examination & Intervention
  • Radiculopathy
  • Motor Control Issues
2:00-4:00  Practical Lab Cervical Spine
  • Manual Therapy
  • Exercise
4:00-5:00  Discussion/Wrap up