

## **Course Description: Effective Treatment of Back Pain with Manual Physical Therapy**

Back pain is one of the most common ailments in the human population. Many therapists are frustrated by patients that complain of back pain and do not have stellar success rates when treating the back. This course will provide a review of anatomy specifically related to the vertebral facets and their role in dysfunction and pain. Concepts of muscle energy and myofascial release will be described, demonstrated and practiced. This course will present gentle positional techniques that use the patient's active muscle contraction force to release restrictions and promote enhanced normal joint motion. This course is for physical therapists and physical therapist assistants.

This course involves laboratory practice and therefore is limited to a maximum of 25 participants. The first 25 participant registration received will be accepted into the course.

**A request for 8 Category "A" education hours has been submitted to the OSBMLS PT Committee for review.**

### **Course Outcomes:**

Upon completion of this course, the participant will . . .

1. Provide a manual screen and accurately identify key impairments.
2. Describe dysfunctions of the vertebra that contribute to pain and malalignment.
3. Treat common dysfunctions of the vertebral joints using safe manual muscle energy techniques.
4. Treat myofascial structures in the back using myofascial release techniques.

### **Agenda: Saturday - 11-18-17**

8:00 -10:15	Overview of spine anatomy, causes of pain, and treatment philosophy
10:15 - 10:30	Break
10:30 - 12:00	Instruction & lab: Screening the patient.
12:00 - 12:30	Lunch provided
12:30 - 2:30	Instruction & lab: Spinal Muscle Energy
2:30 - 2:45	Break
2:45 - 5:00	Instruction & lab: Myofascial release

**Presenter:** Jess Olson, DPT has over 20 years of professional experience. He has extensive postgraduate education in manual therapy techniques and clinical experience in manual therapy techniques in various patient populations including the frail elderly patient. He is a part time instructor in the Murray State College Physical Therapist Assistant Program.

**Location:** The course will be at the Physical Therapist Assistant Program on the Murray State College campus in Tishomingo, OK. The PTA program is located in the new Health Science building

For more information, please contact: Gary Robinson - PTA Program Director - (580) 387-7441 / grobinson@mscok.edu

# Registration Form

## Effective Treatment of Back Pain with Manual Physical Therapy

**11-18-17**

This course has been submitted for consideration by the PT Committees of OSBMLS for **8 CEU** Hours.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

\_\_\_\_\_

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### Cost of Attendance

PT/PTA -----\$200.00

PTA Graduate of MSC PTA program -----\$100.00

MSC Clinical Instructor \* -----\$100.00

*\* Clinical Instructors who are currently scheduled to take students or have taken a student within the prior year.*

**Registration includes Certificate of Completion, course handouts, and lunch.**

TOTAL \_\_\_\_\_

*Payment needs to be received to confirm your place in the course. The first 25 confirmed registrations received in the program office will be included in the course.*

*Please make check out to: **MSC Foundation – PTA Account.*** If you desire to pay by credit card, this needs to be done to secure your place in the course. You can pay at the MSC Foundation web site. Instructions on paying by credit card are on the MSC PTA program Continuing Education web site.

*All proceeds from this course go to support the MSC-PTA Program*

Mail Registration/Payment to:

MSC-PTA Program

Att: Gary Robinson, MS, PT, PCS - Program Director

One Murray Campus HS#110

Tishomingo, OK 73460

Email Contact: grobinson@mscok.edu

Phone: (580) 387-7441

Fax: (580) 371-9844 Att: PTA Program