

2016 Course Dates & Locations

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Certificates of attendance are provided upon successful completion of the course.

This course is 15.5 contact hours, 1.55 ceu's
19 contact hours/1.9 ceu's for therapists licensed in
New York, Illinois or the District of Columbia

BOC provider #P2047

California approval # PTNAS-2018.11

IL provider #216000074

This course is applicable for PT, PTA and AT. This course can be used for continuing education requirements the ceu requirements set forth by the Nevada of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.5 hrs, 1.55 CEU's for physical therapy continuing competency license renewal requirements in the State of California, approval # PTNAS-2018.11 This course meets the requirements set forth by the Virginia Board of Physical Therapy. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. Meets the ceu requirements set forth by the MD and PA Boards of Physical Therapy, call for approval numbers. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Delaware, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois. IL Provider # 216000074. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. BOC provider # P2047, call for category classification approval.

The Power of Posture in the Management of Lumbar Spine and Pelvic Girdle Dysfunction

Improving Your Outcomes with a Comprehensive Approach



Presented by
Robert Friberg, PT, PhD, CFMT

North American Seminars, Inc.

1-800-300-5512 | Fax 1-800-310-5920

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PT, PTA and AT - Continuing Education Course

Day One

- 7:30 8:00 **Registration**
- 8:00 9:30 **Theoretical Foundation for Neuromechanical Evaluation and Intervention (Lecture)**
- Posture and biomechanics
 - Posture and neuromechanics
 - Additional models
- 9:30 10:30 **Postural Control Model (Lecture/Lab)**
- Model components
 - Implications for examination, evaluation, and intervention
 - Postural examination, evaluation
- 10:30 10:45 **Break**
- 10:45 12:00 **Examination and Intervention for Lumbar/Pelvic Muscle Dysfunction (Lecture/Lab)**
- Biomechanic examination and evaluation
 - Neuromechanic examination and evaluation
 - Integrated biomechanic and neuromechanic impairments and the postural control model
- 12:00 1:00 **Lunch (on your own)**
- 1:00 2:00 **Lumbar Spine (continued)**
- Integrated biomechanic and neuromechanic impairments and the postural control model
- 2:00 3:00 **Examination, Evaluation of the Pelvic Girdle from a Postural Perspective (Lecture/Lab)**
- Biomechanic examination and evaluation
 - Neuromechanic examination and evaluation
- 3:00 3:15 **Break**
- 3:15 4:00 **Pelvic Girdle (Continued)**
- Integrated biomechanic and neuromechanic impairments and the postural control model
- 4:00 5:00 **Principles of Intervention from a Postural Perspective (Lecture)**
- 5:00 6:00 **Lower Quarter Function Unit Integration (Lab)**
- Systematic analysis of lower quarter function with dynamic posture

Day Two

- 8:00 8:30 **Review and Questions (Lecture)**
- 8:30 10:00 **Janda's Lower Crossed Model (Lecture/Lab)**
- Implications for exam
 - Implications for intervention
- 10:00 10:15 **Break**
- 10:15 12:00 **Strategies for Improving Lumbopelvic and Hip Motion (Lecture/Lab)**
- Biomechanic Interventions
 - Increasing motion
 - Increasing strength
 - Neuromechanic Interventions
 - Muscle Energy Technique
 - SAL
 - Neuromechanically organized mobilization
 - Principles of motor learning and motor control
 - Integration of PNF principles and the postural control model
 - Rolling
 - Gait
- 12:00 12:30 **Lunch (on your own)**
- 12:30 1:30 **Intervention for Sympathetic Nervous System Dysfunction (Lecture)**
- CRPS
 - Central Sensitization
- 1:30 3:00 **Posture and Balance: Role of the Vestibular System (Lecture/Lab)**
- Explore the relationship between lumbopelvic and vestibular system
 - Specific assessment and intervention strategies
- 3:00 3:15 **Break**
- 3:15 3:45 **Clinical Application and Summary (Lecture)**
- 3:45 4:00 **Questions/Answers**

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About the Educator

Robert Friberg, PT, PhD, CFMT is a professor in the Physical Therapy Program at Hardin-Simmons University. He teaches the kinesiology and orthopedics components of the curriculum. His clinical certification is the Certified Functional Manual Therapist© from the Institute of Physical Art. Dr. Friberg brings 35 years of clinical experience with a specialization in chronic pain associated with spinal dysfunction. His training includes experience with a variety of models for orthopedic practice. This experience led to a unique perspective for examination, evaluation and intervention of movement dysfunction associated with the spine. He has taught nationally on topics associated with the spine including manual therapy, motor control and stabilization. He has provided systematic spinal dysfunction training for national physical therapy groups. He has numerous clinical and research presentations at national meetings. His research interests include such topics as neurodynamics, the neuromechanical effects of posture, the relationship of reflexes in spinal dysfunction, and the role of muscle inhibition and facilitation in spinal movement dysfunction. Dr. Friberg currently has a private practice with consistent patient interaction.

Pre-Approved for Physical Therapists, and Physical Therpay Assistants

Why You Should Attend This Course

Lumbar and pelvic girdle movement dysfunction represent a large component of physical therapy practice. Yet many struggle explaining how some patients improve and others do not. Utilizing an understanding of dynamic postural control is important for developing a perspective regarding the nature of movement dysfunction and is the key to improving outcomes. Movement dysfunction should be conceptualized as dysfunction within or between the body's biomechanical and neuromechanical systems in the context of posture. Biomechanical dysfunction refers to abnormalities of the musculoskeletal system including the osteokinetics and arthrokinematics associated with creating movement. Neuromechanical dysfunction refers to abnormalities associated with the anatomy and physiology of the central, peripheral, and autonomic nervous systems influencing movement. The effective intervention for lumbopelvic dysfunction must be organized around an understanding of static and dynamic posture. Intervention should integrate the anatomic/physiologic components of both biomechanic and neuromechanic dysfunction in the context of postural control.

This two day advanced course provides an understanding of the power and influence of posture on lumbopelvic motion. It integrates the relevant biomechanic and neuromechanic components and a posture control model for examination, evaluation, and intervention. The information presented in this course enables the clinician to utilize a new representation of the underlying mechanisms that contribute to lower quarter movement dysfunction. Much lumbopelvic dysfunction goes unrecognized secondary to the traditional biomechanical examination and evaluation paradigms. Content for this course includes discussion of the research basis for examination and intervention of lumbopelvic movement dysfunction using posture as the organizing strategy. Content for the course includes significant discussion of the scientific basis and rationale for a postural control model basis for examination, evaluation, and intervention.

The course incorporates lecture with substantial laboratory experiences. Laboratory sessions enable the participants to integrate principles of postural control with the usual impairments found with lumbopelvic movement dysfunction. This includes not only the musculoskeletal system but all three components of the nervous system. Additionally, the role of muscle facilitation and inhibition, the vestibular system and balance, and neuroplasticity are engaged.

The strategies developed for examination and intervention developed in the context of dynamic posture theory in this course work well with traditional approaches used for intervention. Course information is immediately relevant and applicable in the clinical setting. Additionally, the concept and principle learned in this workshop transfer to all neuromusculoskeletal movement dysfunction. This course is applicable for PT, PTA, and AT's.

Course Objectives

Upon completion of this course, participants will be able to:

- Describe the theoretical foundation for a neuromechanical evaluation.
- Describe the components of a postural control model and apply these concepts a biomechanic and neuromechanic examination for lumbopelvic dysfunction.
- Design a program that incorporates evidence based principles of postural motor control with examination, evaluation, and intervention of lumbopelvic dysfunction.
- Design a comprehensive program to include balance and postural examination, and treatment to enhance lumbopelvic function.
- Perform biomechanical, neuromechanical and PNF techniques when in the management of lumbar spine and pelvic girdle dysfunction.
- Explain the role of the vestibular system in normal and dysfunctional posture and perform specific examination and treatment techniques to enhance the lumbopelvic and vestibular system synergy.
- Design a program that utilizes the principles of Janda's Lower-Crossed model for examination, evaluation, and intervention of dynamic postural dysfunction.
- Develop a comprehensive treatment approach to improve functional outcomes for lumbopelvic movement dysfunction.

Registration Form



Name _____ Profession _____

Home _____

Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp.date _____ Phone (required) _____

e-mail (required) _____

Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.