

Special Invitation

PROeducation Series. Improve Your Skills.

Medical Exercise Therapy Course Lumbar Spine

Provided by:

PROEX
Physical Therapy

Location:

ProEx Physical Therapy
475 High Street
Somersworth, NH 03878

Course Dates/Times:

Saturday, Nov 6th 8am-6pm
Sunday, Nov 7th 8am-12pm

Instructor

Tom Torstensen, B.Sc PT., Advanced M.S

Please call

877-776-9843
to register!

Tuition: \$400

Includes course materials and lunch

Limited Space Available • Checks/MC/Visa Accepted

CEU'S : 12 Contact Hours

PROeducation Series

November 13th-14th Upper Extremity
Somersworth, NH

Course Focus

- Theoretical basis of Medical Exercise Therapy (MET)
- Testing out exercise programs for patients with low back pain
- Grading a progressive exercise program
- Achieving optimal exercise dosage
- Understanding the biomedical and biopsychosocial treatment models
- Discussions on epidemiology
- Review of Evidence
- Clinical Reasoning and Patient Management

www.PROexPT.com

Learn to maximize your medical exercise therapy and communication skills to effectively treat the “person” behind the diagnosis.

Saturday

8:00 - 8:15

- Introduction

8:15 - 9:30

- Theoretical basis for Medical Exercise Therapy (MET)
 - Grading exercises for the lumbar spine
 - Open chain and deloaded closed chain exercises
 - Dose response effects
 - Exercise as pain treatment, decreasing swelling and pain

9:30 - 9:45

- Break

9:45 - 11:15

- Practical
 - Testing out an MET program for the lumbar spine (practical)

12:00 - 1:00

- Lunch

1:00 - 2:30

- Clinical Reasoning
 - Subacute Low Back Pain - sciatica
 - Exercise Progressions

2:30 - 3:00

- Break

3:00 - 4:30

- Causes of Low Back Pain
 - Practical

4:30 - 5:30

- Clinical Reasoning
 - Acute vs. Chronic Pain

5:30 - 6:00

- Structural changes versus pain and function. Q & A

Sunday

8:00 - 9:30

- Clinical Reasoning
 - Progression exercise for patient with spondylolisthesis

9:30 - 9:45

- Break

9:45 - 11:00

- Case Studies
 - Group discussion/practical

11:00- 12:00

- Evidence Based Practice
 - Modalities, manual therapy and exercise therapy