

“I Hurt Here” Educational Series

Low Back Pain: How to Evaluate and Treat - Practical Tips No One Teaches in School

Course Description

This course was designed to promote change in competence and performance for the Physician and Advanced Practitioner by providing a practical and methodical approach to performing a proper and thorough **musculoskeletal exam (MSK)**. This is the first in a series of courses and begins with the Low Back. This course includes how to take a proper MSK history, what to observe/screen, reflexes, manual muscle testing, sensation testing, tonal (muscle) assessment, gait assessment, and palpation. This course will review the basics and reveal clinical pearls to help clinicians make a proper diagnosis and guide them through sequential diagnostic and therapeutic approaches for best outcomes. Course is comprised of approximately **50% lecture and 50% practicum** (including developing palpatory skills of lumbar spine, pelvis, and sacrum). The clinician will be shown simple manual treatments and exercises, as well.

Course Faculty

Cynthia A. Garcia, MD, a Board Certified Physiatrist in solo practice in the Rio Grande Valley for 24 years with special interest in outpatient back pain.
Lindsay Anderson, PT, MSPT who has worked with Dr. Garcia for over 10 years.

Objectives

At the end of this course, attendees should be able to:

1. Discuss taking a detailed MSK history.
2. Discuss how to use observation to guide your examination and ultimate diagnosis.
3. Recognize how to perform deep tendon reflexes and the importance of appropriately graded reflexes.
4. Describe how to properly grade strength via manual muscle testing.
5. Discuss how to palpate lumbar spine and diagnose vertebral somatic dysfunctions at this region.
6. Discuss how to palpate pelvis and sacrum to diagnose dysfunctions at these regions.
7. Discuss writing a physical therapy prescription beyond Evaluation and Treatment (“Eval & Treat”).

Who Should Attend

This program is intended for **Physicians, Physician Assistants, and Nurse Practitioners**. This course will be limited to only 15 Physicians/Advanced Practitioners so as to maintain a 3 to 1 student-to-instructor ratio.

Overview

- Obtaining an appropriate patient history – by using evidence-based clinical data, we will show what specific questions to ask to get the most helpful information from your patients in order to understand their symptoms, mechanism of injury, and to help lead you to a proper diagnosis and overall improvement in patient care
- Performing a physical exam – general observations, general movement patterns, balance/stance, posture, reflexes, strength testing, sensation testing, muscle tone assessment, gait analysis
- Detailed mechanical musculoskeletal exam – palpation at lumbar spine, sacrum, and pelvis in order to make a proper diagnosis of common mechanical dysfunctions at these regions

General Information

Date/Time

Saturday, March 23, 2019, 8:00 a.m. – 5:30 p.m.
Sunday, March 24, 2019, 8:30 a.m. – 12:30 p.m.

Location

DHR Health Orthopedic Institute
5540 Raphael Drive
Edinburg, Texas

Registration

\$325.00 registration fee, per person. Registration fee includes course materials, lunch, and refreshment breaks. A certificate of completion will be awarded when attendance requirements are met.

Please email lcanderson@riocenter.cc or call (956) 412-2200 to register. If calling, please ask for Lindsay Anderson, PT.

Cancellation Policy

Written cancellation must be received no later than Wednesday, March 20, 2019 in order to qualify for a refund. In the unlikely event that this course must be cancelled, the entire submitted registration fee will be refunded without further liability on the part of the organizers.

Dress Code

Wear comfortable clothing (e.g. workout attire) that allows easy access to lumbar spine, as the course involves **active palpation** on the part of participants.

Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association through the joint providership of DHR Health and Rio Physical Medicine Center. DHR Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

DHR Health designates this live activity for a maximum of **12 AMA PRA Category 1 Credits™**. Physicians should claim only credit commensurate with the extent of their participation in the activity.