



# Evaluation and Treatment of Lumbar Spine Disorders

## Course Schedule

Day 1	Topic
7:30 – 8:00 AM	Registration
8:00 – 8:15 AM	Introduction
8:15 – 9:00 AM	Differential Diagnosis and Screening of the Upper Quarter <ul style="list-style-type: none"> <li>• Red Flags</li> </ul>
9:00 – 10:00 AM	Clinical Examination of the Lumbar Spine <ul style="list-style-type: none"> <li>• Treatment-Based Classification</li> </ul>
10:00 – 12:00 PM	Lumbar Spine Manipulation Lab <ul style="list-style-type: none"> <li>• Current evidence</li> <li>• Thrust and non-thrust manipulation</li> </ul>
12:00 PM – 1:00 PM	LUNCH
1: 00 PM – 3: 00 PM	Lumbar Spine and Lower Quarter Lab <ul style="list-style-type: none"> <li>• Current evidence</li> <li>• Thrust and non-thrust mobilization</li> </ul>
3:00 PM – 4:00 PM	Patient Case # 1 Patient Case # 2 Review
Day 2	Topic
8:00 AM – 9:30 AM	Review <ul style="list-style-type: none"> <li>• Manipulations</li> </ul>

9:30 AM – 11:00 AM	Directional Preference <ul style="list-style-type: none"><li>• Manual Therapy</li><li>• Exercise Prescription</li></ul>
11:00 AM – 12:00 PM	Low Back Pain in the Older Adult <ul style="list-style-type: none"><li>• Current Evidence</li></ul>
12:00 PM – 1:00 PM	Lunch
1:00 PM – 2:00 PM	Therapeutic Exercise of the Lumbar Spine
2:00 PM – 3:00 PM	Regional Interdependence of the Lower Quarter
3:00 PM – 4:00 PM	Patient Case #3 Patient Case #4 Review