



# Evidence-Based Manual Therapy of the Lumbar Spine and Lower Quarter

## Course Schedule

| Day 1               | Topic   |
|---------------------|---|
| 7:30 – 8:00 AM      | Registration  |
| 8:00 – 8:15 AM      | Introduction  |
| 8:15 – 9:15 AM      | Differential Diagnosis and Screening of the Lower Quarter <ul style="list-style-type: none"> <li>• Red Flags</li> </ul>                               |
| 9:15 – 10:15 AM     | Clinical Examination of the Lumbar Spine <ul style="list-style-type: none"> <li>• Treatment-Based Classification</li> </ul>                           |
| 10:15 – 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<br>Patient Case # 2<br>Review  |

| Day 2             | Topic  |
|-------------------|--|
| 8:00 AM – 9:30 AM | Review <ul style="list-style-type: none"> <li>• Manipulations</li> </ul> |

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|---------------------|--|
| 9:30 AM – 11:00 AM  | Specific Exercise <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<br>Patient Case #4<br>Review   |