

**Kaiser Permanente Education Seminars
Presents**

**Movement Science Approach to Evaluation and
Treatment of the Lumbar Spine**

Speakers:

*2013 Kaiser Permanente Los Angeles Movement Science Fellows
Jason Julian PT, MPT · Michael Lockwood PT, DPT, OCS, SCS
Katie Magnuson PT, DPT, OCS · Heather Massie PT, DPT, OCS
Tim Starr PT, MPT, OCS · Jared Vagy PT, DPT, OCS, CSCS
November 9th, 2013*

Seminar Description:

This course is an introduction to the basic concepts of the Movement Systems Impairment (MSI) model developed by Shirley Sahrmann and colleagues, with focus on the lumbar spine. In performing standard movement exam tests and classifying patients based on the presenting movement faults and contributing factors, the clinician can then apply interventions directed at correcting the faulty movement pattern. This course is open to all experience levels and will have content applicable to PT and PTA practice.

Course Objectives

- Perform postural analysis and key components of movement examination with focus on lumbar spine
- Interpret key results of movement examination tests as they relate to common lumbar spine pathologies
- Provide interventions based on the faulty movement patterns observed as well as key contributing factors relating to the lumbar spine

Schedule 8:00 am to 4:00 pm

7:45- 8:00	Registration and snack	
8:00-9:30	Overview of MSI theory, concepts, and lumbar syndromes	Lecture
9:30-9:45	Break	
9:45-10:45	Lumbar pathology review and posture	Lecture/lab
10:45-11:00	Break	
11:00-12:00	Physical exam using movement exam related to specific lumbar pathologies	Lab
12:00-1:00	Lunch (on your own)	
1:00-1:30	Physical exam continued	Lab
1:30-2:30	Treatment progression	Lab
2:30-2:45	Break	
2:45-3:45	Putting it all together	Lab
3:45-4:00	Wrap up, questions	

Level of Instruction: *Beginner to Advanced*

Location: Kaiser Permanente Los Angeles Medical Center (Sunset)
1526 N Edgemont Ave – 4th Floor, PT department (gym), Los Angeles, CA 90027

Cost: \$ 25 per participant
6.25 CEU's /PDU certificate will be provided

Parking: Kaiser Permanente, SUNSET

▪ 1549 N Edgemont Ave – across from 1526 N Edgemont Ave.

Questions? Please contact Nancy Adachi, Nancy.Y.Adachi@kp.org

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Registration Form

Due to the hands on nature of this class, registration will be limited to 25 participants. Be prepared to expose neck, back, lower extremities and upper extremities. Registration will be on a first come, first served basis and may be limited to allow each facility to attend. Please fill out form completely and print legibly. Please provide an email address for confirmation to be sent to you. Please print your name as you wish it to appear on the certificate.

Name: _____
Circle Title: PT, OT, PTA, COTA, Student (students may enroll if there is availability)

Kaiser Location and Medical Center: _____

Kaiser Address: _____

(Cell or Home) Phone:(____) _____ **(W):Tie line:** _____

Kaiser e-mail address only: _____

TO BE COMPLETED BY YOUR DA: all must be completed, NCOA must be provided!

_____ : Please recharge the \$ 25 course fee to my location and cost center

NCOA : Business unit _____ GL location _____ Dept _____ Expense code _____

This employee is eligible for continuing education benefits

Department Administrator's name (print) _____

DA signature _____

Please note that everyone must submit a check for the cost of the course to reserve their seat

OR Not benefited:

_____ : Please accept and cash this individual's check for \$25 for the course fee. This individual will not be reimbursed for the course

Please note that everyone must submit a check for the cost of the course to reserve their seat

No refunds are available for this course unless your spot in this class has been re-assigned or filled via another participant. We have the right to cancel the course 72 hours in advance if there is not enough participation.

There will be a **non refundable** fee of \$ 25

Make check payable to **KAISER PERMANENTE**.

One registration form and check per registrant (do not send in a check for multiple registrants)

Do not send through inter-office mail, use postal mail. No Walk-ins!

Deadline for registration is

**Send registration form and check to:
Kaiser Permanente Los Angeles, P.T. Dept.
ATTN: Nancy Adachi PT
Physical Therapy 4th Floor
1526 N Edgemont Ave, LA, CA 90027**