HVLA Mobilizations of the Lumbar Spine & Pelvis

Course Description:

This 2 day seminar includes ~70% hands-on lab and ~30% didactic components. The majority of the course is spent learning examination and mobilization techniques of the lumbar spine and pelvis. Extensive lab practice time is dedicated to learning HVLA mobilizations, which is the primary focus of the course. There is also a review of current evidence and a live case study. In addition, supplemental video content for this course featuring all exercise techniques taught is also included.

Course Objectives:

- The participant will identify the history of thrust mobilization, current APTA policy, differences with non-thrust techniques, and the evidence available for techniques taught
- The participant will identify specific differential diagnoses that would lead to precautions and contraindications of HVLA techniques
- The participant will demonstrate subjective history questions that would indicate the potential for differential diagnoses that would contraindicate HVLA
- The participant will identify clinical presentations, such as specific dysfunctions/pathologies, and when to apply the HVLA techniques
- The participant will demonstrate how to appropriately perform HVLA techniques on a lab partner, for multiple spinal joint regions

Course Schedule:

Day 1 - Saturday

7:30- 8:00 Registration

8:00- 10:00 Course intro, basic principles, Hx of manipulation, current APTA policy, clinical prediction rules (brief overview of this concept), indications/contraindications, pt selection including use of outcome measures and/or FABQ, safety issues

10:00- 10:15 Break

10:15- 12:00 Techniques: Thoraco-lumbar techniques

12:00- 1:00 Lunch - on your own

1:00- 2:20	Techniques: SIJ
2:20- 2:35	Break
2:35- 4:00	Techniques: Lumbar facet joints
4:00- 5:00	Review for the day/catch-up

Day 2 - Sunday

8:00- 10:00	Review of day 1 techniques
10:00- 10:15	Break
10:15- 12:00	Case studies, problem solving, exercise discussion
12:00- 1:30	Q & A, review, speed mobs. (time permitting)