Course Title: Orthopaedic Manual Physical Therapy for Patients with Lumbopelvic Disorders

Course Instructor: Bill Egan, PT, DPT, OCS, FAAOMPT

Course Location and Facility: Department of Physical Therapy, Temple University

Course Description: This is a two day, 15 contact hour course, involving both lecture and lab instruction. This course will cover the theory, evidence, and application of orthopaedic manual physical therapy (OMPT) for patients with lumbopelvic region musculoskeletal disorders. This course provides evidence-informed instruction on differential diagnosis, examination and management of patients with lumbopelvic disorders. Hypothesis oriented clinical decision making, the biopsychosocial model, and treatment-based classification applied to patients with lumbopelvic region musculoskeletal disorders will be presented.

Course Objectives:

At the conclusion of the course students will be able to:

1. Conduct an accurate differential diagnosis for patients presenting with lumbopelvic region pain in order to identify serious disorders requiring referral.
2. Conduct an efficient and accurate clinical examination of a patient with lumbopelvic region pain.
3. Utilize the low back pain treatment based classification to assist with selecting the most appropriate interventions for patients with lumbopelvic region musculoskeletal disorders.
4. Perform skilled orthopaedic manual physical therapy interventions, including thrust and non-thrust techniques, targeting the thoracolumbar and lumbopelvic region.
5. Apply sound clinical decision making within a biopsychosocial model to the management of patients with lumbopelvic region musculoskeletal disorders.

Course Schedule:

Day One

Introduction and Overview

8:00-8:30
- Low back pain treatment based classification
- Hypothesis oriented examination
- Assess-treat-reassess

Lumbopelvic Differential Diagnosis

8:30-9:30
- Screening for Red Flags
- Neurological examination
- Vascular examination
- Abdominal examination

9:30-10:45 Lumbopelvic Exam
Day Two

8:00 – 9:00 Round-robin review of previous day material

9:00 – 12:00 Specific Exercise
  - Evidence-informed application of specific exercise

10:45-11:00 Break

Lumbopelvic Manual Therapy

11:00-12:00 Evidence informed manual therapy applied to the patient with lumbopelvic region pain
  - Mechanisms of MT
  - Supine lumbopelvic thrust
  - Sidelying lumbopelvic thrust and non-thrust

12:00-1:00 Lunch

Manual Therapy for Lumbopelvic Region continued

  - Review of morning techniques
  - TL Junction prone, seated, and sidelying

1:00-3:00
  - Myths and reality of the pelvis
  - LP long axis distraction
  - Pelvic anterior and posterior
  - Selected interventions to improve hip mobility
  - Augmented exercise to manual therapy

3:00 – 3:15 Break

Lumbopelvic motor control interventions

  - Evidence-informed rationale for motor control training
  - Assessment of motor control

3:15-4:30
  - Finding LP neutral
  - Breathing pattern
  - TrA
  - Multifidus
  - Pelvic floor
  - Progressing into functional activity

4:30-5:00 ‘Round Robin’ Review of Manual Therapy Techniques
• Repeated motion examination
  o Standing
  o Lying
• Interventions
  o Extension
  o Flexion
  o Lateral

10:45 -11:00 Break

12:00 – 1:00 Lunch

Traction and Neurodynamics

• Evidence-informed application of traction and neurodynamic techniques
• Traction techniques

1:00 – 3:00
• Neurodynamic interventions
  o SLR
  o Slump
  o Femoral nerve
  o Lumbar PA with SLR
  o Lumbar rotation with SLR

3:00 - 3:15 Break

Chronic LBP

3:15 - 4:30
• Pain neurophysiology education
• Examination for central pain sensitization
• Sensory motor retraining
• Exercise interventions

4:30 – 5:00 Final review and competency testing

Selected Course Bibliography:


