Manipulation Primer for the Lumbo-pelvic Spine and Lower Extremity

Presented in partnership with the North American Institute of Orthopaedic Manual Therapy (NAIOMT)

W. Bryant Miller, PT, DSc, OCS, COMT, FAAOMPT
Sat, November 14, 2015 (DPTIII students)
Sun, November 15, 2015 (Physical Therapists)
8:15 AM – 5:00 PM
Emory University
1462 Clifton Road, NE,
Atlanta, GA 30322
Lab 311

Course Description and Objectives

Course Overview
This course is concerned with high velocity low amplitude thrust technique (HVLAT) to select joints of the lumbo-pelvic spine and lower extremity. Particular attention will be focused on evidence based practice with regards to the identification of patients who could benefit from the application of HVLAT by physical therapists. Of paramount importance will be an understanding of the contraindications to the use of HVLAT, and the reasoned, clinical de-selection of patients who are not appropriate for HVLAT. Participants will receive instruction and practice of HVLAT in reference to the musculoskeletal outpatient setting.

Clock Hours: 7 contact hours (70% practical, 30% lecture)

Course Description:
This 7-hour course will provide instruction in the art and science of spinal HVLAT intervention, aimed at correcting neuro-musculo-skeletal dysfunction in the joints of the spine and ribs. Emphasis will be placed on patient selection, by describing ‘model’ patients for each technique. Attention will be given to methods identifying those patients who should not receive HVLAT techniques. The most recent evidence will be incorporated into the evaluative and interventional components in an attempt to place a meticulous focus on learning how and when to safely perform HVLAT techniques in the spine.

Course materials will include recent and classic literature review, instructional audiovisual materials, and a course handout. In addition, there will be facilitated access to other learning materials. Supervision and practice time is critical to learning these skills and will be extensively provided in class.

Course General Objectives:
The course will utilize current literature, recognition of clinical patterns of presentation, and biomechanical and pathological knowledge to assist in the appropriate and reasoned selection of HVLAT techniques. The course will provide the participant with information to identify appropriate patients for
HVLAT intervention through use of validated clinical prediction rules and specific biomechanical examinations.

**Specific Course Objectives:**

*Upon successful completion of this course, the participant will be able to:*

1. Compare and contrast the osteopathic, chiropractic, and physical therapy professions in terms of:
   a. Underlying patient care philosophy and how this influences the use of HVLAT.
   b. The unique and varied terminology that exists between the three professions.

2. Understand the current definitions associated with manual therapy interventions found in both the “Guide to Physical Therapy Practice” and the AAOMPT “Description of Advanced Clinical Practice”.

3. Interpret language specific to the use of HVLAT by physical therapists in the relevant State Practice Acts and Statutes.

4. Describe the current evidence-based theories supporting the use of HVLAT therapy interventions specific to the joints to be treated – including the clinical prediction rules.

5. Collect, analyze and evaluate the patient history, systems review and tests and measures data to recognize the indications for and contraindications against the use of HVLAT in the spinal and extremity joints.

6. Apply a thorough biomechanical knowledge of the spinal and extremity joints to accurately examine, and diagnose, with specificity, a movement dysfunction that would benefit from HVLAT.

7. Safely, and selectively, with the ability to deselect appropriate candidates, apply HVLAT techniques to spinal and extremity joints, utilizing safe, effective and, where available, evidence based techniques inclusive of:
   a) Lumbopelvic gapping
   b) Sacroiliac gapping
   c) Sacroiliac upsip
   d) Superior tib fib
   e) Talocrural gapping
   f) Talocrural dorsiflexion
   g) Sub talar joint eversion

8. Interpret the responses to treatment, and modify the interventions to accommodate individual requirements of patients/clients and the physical therapist, including consideration of unsound segments above and below the joint being treated.

9. Communicate the rationales for this intervention to the patient/client, to other therapists, and to referral sources and other interested third parties.

10. As a clinical instructor, demonstrate a basic ability to teach the techniques to incoming student interns who need to practice these techniques in the clinical setting.
Bryant Miller received his MPT from Emory University in 1993 and DScPT with emphasis in OMPT from Andrews University in 2007. He serves as faculty for the North American Institute of Orthopaedic Manual Therapy and is a clinical faculty instructor for NAIOMT’s fellowship and residency programs. His background also includes advanced training in myofascial techniques and movement re-education as a Hellerwork practitioner and extensive experience in gait and biomechanical analysis.

He is the co-owner of Bodies in Balance Physical Therapy, PLLC in Chattanooga, TN. Bryant's clinical interests include the treatment of chronic spinal conditions and the underlying dysfunctional neurophysiologic patterns. To address these dysfunctions, he integrates a wide array of techniques from orthopaedic manual physical therapy to exercise approaches rooted in Pilates, Yoga, and those influenced by the work of Shirley Sahrmann and Gary Gray. He has been an advocate for PT direct access and the defense of spinal manipulation.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2565627/

## Course Schedule

8:15-8:30AM  
Participant check-in

8:30-9:30  
OMPT treatment principles including HVLAT  
- Evidence of affects and efficacy of HVLAT  
- Multidisciplinary History of Spinal Manipulation  
- Guide to PT Practice/Description of Advanced Clinical Practice  
- State Practice Act Guideline  
- Clinical Prediction Rules  
- Decision making in OMPT

9:30-9:40  
Break

9:40-10:30  
Examination of the lumbo-pelvic spine  
- Subjective screening for lumbar manipulation  
- Lumbar spine AROM  
- Lumbar spine side glides

10:30-11:30  
HVLA techniques for the lumbo-pelvic spine  
- Lumbar neutral gapping  
- Sacroiliac supine gapping  
- Sacroiliac upslip

11:30-12:30 PM  
Case study

12:30-1:40  
Lunch on your own  *participants may want to bring lunch to avoid leaving campus*

1:40-2:30  
Examination of the foot and ankle  
- Subjective screening for manipulation in the foot and ankle  
- Functional screening for the foot and ankle  
- Joint glide assessment of selected foot and ankle articulations

2:30-2:40  
Break

2:40-4:00  
HVLA techniques for the foot and ankle  
- Superior tib fib gliding  
- Talocrural gapping

Spinal Manipulation: LE & Lumbopelvic  
W. Bryan Miller, PT, DSc, OCS, COMT, FAAOMPT
Registration and Payment Policies

- Registration fees include instruction, course materials, breakfast and snacks. Lunch is on your own.

- In order to assure your security, our registration and payment systems are kept separate. In your email registration confirmation, you will receive detailed payment instructions.

- Cash and checks, payable to Emory University, “must be received in our office within 10 business days of your registration, or your spot within the course will be forfeited. Within 10 business days, send cash or check payments, payable to Emory University to:
  Jenifer Markley, PT, DPT
  Emory University PT School
  1441 Clifton Road, NE
  Office 210
  Atlanta, GA 30322

- Cancellation Policy: Cancellations prior to November 1, 2015 at 11:59 PM will result in a full refund, less $50.00 per person/cancellation. Cancellations after November 1, 2015 at 11:59 PM will result in loss of full tuition.

Tuition

- **Saturday November 14, 2015 (8:15 AM – 5:00 PM)**
  Emory DPT III student: FREE
  Students, use the online registration link sent to your email. Register by Tuesday, November 10, 2015.

- **Sunday, November 15, 2015 (8:15 AM – 5:00 PM)**
  Current or Recent Emory DPT Clinical Instructor (2010-2015): FREE
  Current Emory DPT CCCE: FREE
  Current Emory Employee: FREE
  Unaffiliated Therapist: $175.00 (Space is limited to 13 unaffiliated individuals)
  Clinicians, register online by Tuesday, November 10, 2015:

  [http://www.rehabmed.emory.edu/pt/ce/courses.shtml](http://www.rehabmed.emory.edu/pt/ce/courses.shtml)