

Intended audience:

- *Currently practice in an orthopedic PT setting*
- *Prior exposure or course work in manual therapy and exercise progression modules*

Level of instruction:

Intermediate

LOCATION

**9333 Genesee Ave, Ste 150
San Diego, CA 92121
Physiotherapy Associates
La Jolla Clinic**

Parking is Free in attached parking lot

3601 Pacific Avenue
Stockton, CA 95211
Attn: Todd Davenport



**The Hip Joint:
A Comprehensive Orthopedic
Manual Therapy Approach**

**Manual Therapy Course
Sponsored by:**

California
Orthopedic Manual
Physical Therapy
Special Interest Group
www.comptsig.org



San Diego

**April 20th & 21st 2013
1.2 CEUs (pending)**



Hands-on tools for improved efficiency



COURSE OBJECTIVES:

Upon the completion of the course participants will be able to:

- Discuss the anatomical impact on treatment choice
- Discuss the hip joint biomechanics
- Discuss the muscular influence on the hip and - Knee mechanics
- Discuss treatment progression based on histological and neurophysiological basis
- Perform Dynamic 4 Soft Tissue Mobilization techniques to 6 key hip muscles Perform minimum 6 Hip Joint Mobilization/Articulation
- Utilize Mobilization and Stabilization belt techniques for hip treatment
- Outline a treatment progression for hip joint disorder using manual techniques, free weights and pulley systems

Instructor by:

Yousef Ghandour, PT, MOMT, FAAOMPT is concurrently group director of Physiotherapy Associates clinics in San Diego and a clinical instructor with the Ola Grimsby Institute (OGI) for the two year orthopedic manual therapy residency program. He brings a long and full educational history to this seminar starting with his BSPT from CSU Long Beach. He completed a Masters of Orthopedic Manual Therapy and a purposed doctorate in Orthopedic Manual Therapy at OGI. He has held several clinical specialist and supervisory positions in clinics throughout San Diego County and has extensive teaching experience in manual therapy techniques, soft tissue mobilization and scientific therapeutic exercise progression. Yousef's interest in manual therapy of the hip joint dates to his masters program with OGI. He recently delivered a "sold-out" lecture presentation and demonstration at the 2011 CPTA Annual Conference in Long Beach CA.

Registration Form:

Pay by credit card or check

CREDIT CARD: go to www.COMPTSIG.org

CHECK: Make your check payable to "COMPTSIG"

Pricing:

COMPTSIG Members \$250

*APTA Members \$300

Non-APTA Members \$400 (Day 1&2)

*To receive COMPTSIG member rate, add \$30 COMPTSIG membership fee to \$250 member rate (total \$280)

Fill in the information below and mail this form, a copy of your CA PT license, and a check payable to COMPTSIG to:

Attn: Todd Davenport
University of the Pacific
Department of Physical Therapy
3601 Pacific Avenue
Stockton, CA 95211

Name _____

Address _____

Work Phone _____

Home/Cell Phone _____

Email _____

**Day 1 Saturday,
April 20, 2013**

- 8:00 Registration
- 8:30 Intro, Logistics
- 9:00 Lecture on Anatomy & Biomechanics of the Hip & Lumbo-Pelvic Region, Biomechanics and Muscular Dynamics; Labrum Function
- 10:00 Break
- 10:15 Lecture/ Lab: Functional Evaluation of the Hip Joint and Lumbar Spine; Muscular vs. Articular FAI
- 11:30 Lunch (OYO)
- 12:30 Abnormal Hip Mechanics Influencing the Knee Joint; Hip Special Tests
- 1:30 Dynamic Soft Tissue Mobilization to Key hip Muscles
- 3:00 Break
- 3:15 Joint Mobilization/ Articulation: Belting Techniques
- 5:00 Adjourn

**Day 2 Sunday,
April 21, 2013**

- 8:00 Q and A; Continue with Joint Mobilization
- 9:00 Therapeutic Exercise progression: Functional progression of treatment; Mobilization Exercises vs. Stabilization Exercises
- 10:30 Break
- 10:45 Non-Weight-Bearing, Full Weight-Bearing Progression- Sports
- 11:45 Q and A
- 12:15 Adjourn



Act Now!
Space is limited.

**Tuition: \$250 COMPTSIG Members,
\$300 APTA Members \$400 Non-Members**

**Registration deadline:
April 2, 2013**

*** \$25 cancellation fee. Cancel in writing with attn: Nancy Van Sickle [nvansickle364@att.net]**

**Registration Deadline:
April 2, 2013**

**Questions/Inquiries: Nancy Van Sickle
562.657.2941 [nvansickle364@att.net]**

Sponsor reserves the right to cancel and return payments in the event of insufficient enrollment.