

The Hip Joint: Orthopedic Manual Therapy Approach

Presented by
Yousef Ghandour, PT, MOMT,
FAAOMPT

Saturday, April 18, 2015

Walker Physical Therapy & Sports Injury
Center
29650 Bradley Road
Menifee, CA 92586



Sponsored by:
Inland Counties District of CPTA

The Hip Joint: Orthopedic Manual
Therapy Approach
Saturday April 18, 2015
Registration Form - Please Print Clearly

Name: _____

Home Address: _____

City: _____

State: _____ Zip Code: _____

Telephone (Home) (_____) _____

Telephone (Work) (_____) _____

* E-Mail: _____

(*Required for course confirmation / map)

Title:

PT PTA Other _____

Registration Fee:

\$150* APTA Member

\$240* Non-Member

\$75 PT/PTA Student

* 10% discount for groups of 2 or more

Registration Fee Enclosed: \$ _____

Payment:

Enclosed is check # _____ made

Payable to: Inland Counties District - CPTA

Mail Registration Form and Fee to:

Cathy Timple, PT, DPT, NCS, ATP

7598 Rock Crest Ln.

Highland, CA 92346

DEADLINE:

All registration forms must be received on or
before Monday, April 6, 2015.

CONFIRMATION:

Registration confirmations will be sent via email
72 hours prior to course.

CANCELLATION POLICY:

All cancellations must be submitted by written
notice *14 days prior* to the course for a full
refund. Cancellations received after that date,
will be refunded less \$25.00 administrative fee.
No Refunds will be made after April 18, 2015.

A full refund of course tuition will be provided if
the course is cancelled.

CONTINUING EDUCATION

APPROVAL:

This course is approved for 8 contact hours for
Physical Therapists, and Physical Therapist
Assistants as outlined in Article 13 of Title 16 of
the California Regulations.

ATTIRE:

Lab / comfortable clothing preferable.

FOR MORE INFORMATION

PLEASE CONTACT:

Cathy Timple

E-mail: neuro_babe@yahoo.com



Instructor:

Yousef Ghandour, PT, MOMT, FAAOMPT is a clinician and educator and has been practicing as a Physical Therapist for over 30 years. Mr. Ghandour graduated with a Bachelor of Science degree in Physical Therapy from California State University at Long Beach, and earned his Masters of Orthopedic Manual Therapy (MOMT) from the Ola Grimsby Institute in San Diego, CA in 1991. He completed an additional two year Part II residency program and became a fellow in American Academy of Orthopedic Manual Physical Therapists (AAOMPT).

Yousef is passionate about Orthopedic Manual Physical Therapy and enjoys sharing his knowledge with his colleagues. He is a member of several physical therapy organizations including the American Physical Therapy Association, the California Physical Therapy Association, and the Orthopedic Section of the APTA. He has taught in the Residency Programs with the Ola Grimsby Institute and numerous seminars in subjects in sports medicine and orthopedic manual physical therapy, including soft tissue mobilization and dynamic lumbar stabilization.

Course Description:

This 8 hour dynamic course is packed with clinical pearls and practical applications. This course reviews anatomy, biomechanics, neurology, exercise physiology and integrates science fundamentals and evidence-based knowledge into practical outcomes. The presentation will include a discussion and demonstration of a progressive approach to evaluating and training the hip joint, starting with a comprehensive assessment of the hip joint, lumbar spine, hip muscles and rotator group recruitment, and culminating in

optimizing stability during function and return to sport. Specific strategies to optimize movement and muscle recruitment using muscle dynamics and exercise principles will be discussed.

Mr. Ghandour will utilize manual and tactile techniques, introduce pulley concepts for recruitment, and demonstrate home exercise strategies designed to maintain the gains made in the clinic. The participants will be able to take the knowledge learned in this condensed one day course and apply it immediately to their patients and clients.

Course Objectives:

After successful completion of this course, the learner will be able to:

- ✓ Describe the anatomy of the hip joint
- ✓ Describe the muscles of the hip joint and lumbar spine
- ✓ Describe the biomechanics of the hip joint
- ✓ Describe components of lumbar instability and hip deficiency
- ✓ Perform dynamic soft tissue mobilization of the lumbar spine / hip
- ✓ Perform a limited functional screening of lumbar spine and hip joint
- ✓ Perform treatment progression from NWB to functional stability
- ✓ Apply joint mobilization techniques
- ✓ Select and perform appropriate therapeutic exercises and progressions

Educational Level:

Intermediate

Instructional Method:

30% Lecture and 70% Lab

Agenda:

7:30 - 8:00	Registration / Continental Breakfast
8:00 – 9:00	Lecture on anatomy and biomechanics of the hip, biomechanics and muscular dynamics, labrum function, and abnormal hip mechanics influencing the knee joint
9:00 – 11:00	Lecture/Lab: functional evaluation of the hip joint and lumbar spine; hip special tests
11:00 – 12:30	Dynamic soft tissue mobilization to key muscles (hip and spine)
12:30 – 1:30	Lunch (on your own)
1:30 – 3:30	Joint mobilization / Articulation: Belting techniques
3:30 – 4:30	Intro to hip exercises
4:30 – 5:00	Q & A / discussion
5:00	Course evaluations

