

## Course Schedule

12 Contact Hours

### Saturday: August 9, 2014

- 7:15 Registration
- 8:00 Lecture on Anatomy and biomechanics of the Hip and Lumbo-pelvic region  
Labrum Function
- 10:00 Lecture/ Lab: Functional evaluation of the Hip joint and Lumbar spine,  
Muscular vs articular, FAI
- 12:00 Lunch (on your own)
- 1:00 Abnormal hip mechanics influencing the Knee Joint,  
Hip Special Tests
- 3:00 Dynamic Soft Tissue Mobilization to Key Muscles: Gluteals, Psoas, Adductors IT band and Lumbar spine
- 4:00 Joint Mobilization / Articulation: Belting techniques
- 5:30 Adjourn

### Sunday: August 10, 2014

- 8:00 Q and A  
Continue with Joint Mobilization
- 10:00 Therapeutic Exercise Progression  
Exercise concepts and progress  
Goals and plan
- 12:00 Lunch (on your own)
- 1:00 Functional progression of treatment  
Non-weight bearing - full weight bearing - sports  
Mobilization exercises vs stabilization exercises
- 3:30 Q and A
- 5:00 Adjourn

**Course Sponsored by:**

**California Orthopedic  
Manual Physical Therapy  
Special Interest Group  
COMPTSIG**



[www.comptsig.org](http://www.comptsig.org)

***The Hip Joint:  
A comprehensive  
Orthopedic Manual  
Therapy approach***



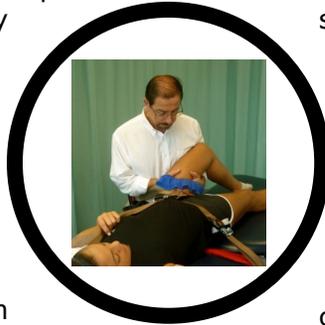
**Yousef Ghandour,  
PT, MOMT, FAAOMPT**

**Physiotherapy Associates  
La Jolla Clinic  
San Diego, CA**

**Saturday August 9, 2014 -  
Sunday August 10, 2014**

## The Hip Joint: A Comprehensive Manual Therapy Approach

Yousef Ghandour PT, MOMPT, 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 proposed 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 has given a "sold out" lecture presentation and demonstration at the 7DH5'5bbi U' Conference in Long Beach CA.

### REGISTRATION COST

COMPTSIG members - \$250

CPTA Member with NEW

COMPTSIG members - \$280

APTA members - \$300

Non-APTA members - \$400

### COURSE REGISTRATION

Registration online at:

[www.compsig.org/Calendar](http://www.compsig.org/Calendar)

This course is limited to 20 participants

### COURSE OBJECTIVES

Upon the completion of the course the Participant 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 neuro-physiological 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

Instruction level: Intermediate

**This is a LAB course. Participants are encouraged to bring: Mobilization belts, change of cloths and shorts.**

COMPTSIG is pleased to bring you this fine clinician who will share his knowledge and expertise with his fellow physical therapists in a 1.5 day lecture/lab presentation.

### Course Sponsored by:

**California Orthopedic  
Manual Physical Therapy  
Special Interest Group  
COMPTSIG**

[www.compsig.org](http://www.compsig.org)



### COURSE LOCATION

**Physiotherapy  
Associates—La Jolla**  
9333 Genesee Ave  
Suite 150  
San Diego 92121

**Parking:** Ample free parking in the lot behind the building and on the street. The underground parking is not free.