Lumbar Spine: Stabilization Progression into Functional Mobility

"Training for Quality of Life"

Course Speaker:

Yousef Ghandour
PT, DPT, MOMT,
FAAOMPT

This practical and comprehensive course integrates anatomy, biomechanics, and exercise physiology together. Integrates science fundamentals and evidence-based knowledge into practical applications. Dr. Ghandour will introduce functional testing of lumbar instability with interpretation and differential diagnosis of many special tests. Additionally, he will discuss, demonstration and practice progressive approach to training the lumbar spine, starting with segmental deep lumbar rotator muscle group recruitment, and culminating in stability during functional mobility and return to sports. Specific strategies to optimize movement and muscle recruitment using muscle dynamics and exercise principles will be discussed and practiced.
The participants will be able to take the knowledge learned in this two-day course and apply it immediately to their patients and clients. This course is 30% lecture and 70% hands-on lab.

COURSE OBJECTIVES

- Describe the anatomy of the lumbar spine.
- Describe the muscles of the lumbar spine.
- Describe the biomechanics of the lumbar spine.
- Describe and evaluate components of lumbar instability.
- Perform evaluation and segmental mobility testing of the lumbar spine.
- Perform Dynamic Soft Tissue Mobilization to the lumbar spine.
- Perform a limited functional screening of the Lumbar spine.
- Perform isolated testing for key muscles contributing to lumbar stability.
- Perform treatment progression from unstable segment to functional stability.
    - Manual Techniques
    - Pulleys and Free weights
- Discuss lumbar stabilization exercise progressions.
- Discuss the progression of concentric and eccentric exercise progression.
- Discuss positional progression for optimal muscle recruitment.
- Return to Sports.

SATURDAY & SUNDAY
May 18-19, 2024
7:30 AM to 5:30 PM

Reischl Physical Therapy - (Long Beach) 3292 E. Willow St., Signal Hill, CA 90755

$495 COMPTSIG members
$550 Non-COMPTSIG members

15 CONTACT HOURS / 1.5 CA CEUs
(CEUs Approved #23-004)

Register for this course:

COMPTSIG

Registration: https://www.comptsig.org/event-5578399