



TO: Managers and Clinicians
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP
DATE: 7/22/2010
RE: **EDUCATION PROGRAM ANNOUNCEMENT**
Current Concepts and Practical Clinical Applications

Please find below information regarding a clinical education course scheduled for your area:

COURSE: **Evidence Based Practice for Treatment of Low Back Pain**
Using a Classification Approach Based on Best Evidence

DATES: October 2-3, 2010

SCHEDULED INSTRUCTORS: David Hoyle, PT, MA, OCS, MTC
Storrs, CT

LOCATION: Select Physical Therapy
29 North Main Street
W. Hartford, CT 06107
860-561-3960
Host Center Manager: Jane Marques
Host Contact: Lindsay McDermott

DIRECTIONS: Take 84 East or West to exit 43 toward West Hartford Center. Turn left onto Park Rd. Turn right onto S. Main to 29 N.Main on left. From airport take 20 East to 91 South to 84 west then follow directions above. There is ample parking at the facility. Bradley Int'l Airport 19 miles.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 13.75 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4-6 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email linda.gilles@selectmedicalcorp.com

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Evidence Based Practice for Treatment of Low Back Pain
October 2-3, 2010 – W. Hartford, CT

Course Description:

One of the criticisms of Physical Therapy is that it lacks standardization of care. Some people claim that treatment is more dependent on the clinician than the patient and their related dysfunction, signs, and symptoms. This course reviews the literature pertaining to a classification approach to the treatment of low back pain originally described by Delitto. The classifications for responders to manipulation, stabilization training, directional preference, and traction will all be presented and relevant evaluation and treatment techniques will be introduced and developed in a laboratory setting. Specific techniques and tools related to the discussion of the treatment of low back pain with potential referral sources will be presented with time for role playing. The clinical and relationship building tools, techniques, and skills in this class lead to development of the overall practice of the clinician including clinical, professional, relationship, and financial. The result is overall practice development. **13.75 Contact Hours**

Instructional Level: Entry Level

Audience: PT, PTAs, ATCs

Learning Objectives:

By the end of this program:

- Participants will become familiar with the hierarchy of evidence as described by Sackett and how it can be implemented in everyday physical therapy practice
- Participants will become familiar with “Yellow and Red Flags” for the treatment of Adults with Acute/Subacute Low Back Pain in a direct access environment.
- Participants will become familiar with the sub-classifications of Acute/Sub-acute Low Back Pain as proposed by Delitto.
- Participants will be able to classify Adults with Acute/Subacute Low Back Pain into the four sub-groups as proposed by Delitto and support by recent research.
- Participants will be able to develop treatment plans for Adults with Acute/Subacute Low Back Pain based on the classification system of Delitto.
- Participants will be able to understand and evaluate Adults with Acute/Subacute Low Back Pain with Specific Motion Preference and institute a treatment plan based on findings.
- Participants will be able to utilize a Clinical Predication Rule for Adults with Acute/Subacute Low Back Pain who are responders to manipulation and implement a manipulation based treatment program.
- Participants will be able to utilize a Clinical Predication Rule for Adults with Acute/Subacute Low Back Pain who are responders to specific stabilization training and be familiar with at least one stabilization exercise in positions of prone, supine, sidelying, sitting, and standing.
- Participants will become familiar with the principles of Lumbopelvic traction.
- Participants will be aware of resources from which they can continue to utilize relevant literature and An Evidence Based Approach to the treatment of Adults with Acute/Sub-acute Low Back Pain as well as other dysfunctions.

Agenda

Saturday

8:00-10:00 Evidence Based Principles
10:00-10:15 Break
10:15-12:00 General Lumbar Eval & Intro to
Classification
12:00-1:00 Lunch
1:00-3:00 Manipulation Classification
3:00-3:15 Break
3:15-5:00 Directional Preference
Classification

Sunday

8:00-10:00 Stabilization Classification
10:00-10:15 Break
10:15-12:00 Traction Classification
12:00-1:00 Lunch
1:00-2:30 Practice Development
2:30-3:30 Synthesis, Sharing, and Q & A

Instructor Biography:

David Hoyle, PT, MA, OCS, MTC

Mr. Hoyle is a 1987 Graduate from the University of Connecticut with a degree in physical therapy. He also received his Master's of Arts in Exercise Sciences from UCONN. Mr. Hoyle has 18 years of experience treating a variety of musculoskeletal dysfunction in a variety of settings. He has been a Board Certified Specialist in Orthopedic Physical Therapy for more than 10 yrs and obtained his Certification in Manual Therapy from the University of St. Augustine more than 10 yrs ago. Mr. Hoyle uses an eclectic approach to treating the lumbar spine and pelvis in his day to day practice.

Instructor Disclosure Statement:

The instructor has declared he does not have any financial interest or other relationship with the manufacturers or providers that may be discussed in this course.

Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 13.75 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.



ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.