

CURRENT UPDATES ON THE TREATMENT OF LOW BACK PAIN

Please select a date and location: LONG ISLAND - February 6 MANHATTAN - February 7 QUEENS - February 8
 PARAMUS - March 6 EDISON - March 7 ATLANTIC CITY - March 8



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Current Updates on the Treatment of Low Back Pain #4458

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Current Updates on the Treatment of Low Back Pain

*A functional approach for the
 management of back patients*

- ◆ Discover a change in treatment philosophy to more effectively treat acute and chronic back pain
- ◆ Explain where low back problems really come from
- ◆ Assess appropriate techniques for treating low back pain in any setting
- ◆ Evaluate the pros and cons of different types of outcome measures and which measures are valid and reliable

*This seminar gave me great
 insight on fine-tuning my
 back evaluation skills.*

Jennifer Wos, AT
 Oak Creek, WI

Long Island, NY - February 6

Manhattan, NY - February 7

Queens, NY - February 8

Paramus, NJ - March 6

Edison, NJ - March 7

Atlantic City, NJ - March 8



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Continuing education available for Occupational Therapists, Physical Therapists, Exercise Physiologists, Physician Assistants, Certified Strength and Conditioning Specialists, and Athletic Trainers.



Current Updates on the Treatment of Low Back Pain



A functional approach for the management of back patients

- ◆ ***Discover a change in treatment philosophy to more effectively treat acute and chronic back pain***
- ◆ ***Explain where low back problems really come from***
- ◆ ***Assess appropriate techniques for treating low back pain in any setting***
- ◆ ***Evaluate the pros and cons of different types of outcome measures and which measures are valid and reliable***

How to Get Great Outcomes Treating Back Patients

Lower back pain is one of the most common diagnoses in most health care settings. Management of back pain can be costly, difficult, and often frustrating. Can you meet the demands for positive outcomes, including pain relief and timely return to work, sports, or function all while keeping costs down from insurance companies, third party payers, and patients?

This comprehensive program will give you the opportunity to understand, assess, and treat back problems with great outcomes. Back patients, even the most challenging cases will get better faster. This seminar will make you more efficient, competent, and successful, feeling more in control over your work. The most current information will be shared so you can develop strategies to effectively manage back problems. After this one-day seminar, you will be able to more effectively treat even the most complex back patients and see immediate results.

Course Director

JOS DORRESTEIN, MHS, PT, is a specialist in the field of orthopedic rehabilitation. He has been a licensed physical therapist in the United States and Europe for over 32 years and has extensive experience in the treatment of spinal disorders. He is a member of the American Physical Therapy Association and its Orthopedic Section. He currently works outside of Chicago, Illinois, where he treats difficult spine patients. His previous work experience includes hospitals, long-term facilities, home health, outpatient clinics, and on-site physical therapy clinics. He has worked with a variety of patients and has also worked with several Fortune 500 companies in the capacity of industrial physical therapist. He has also owned his own practice and has been a director at several facilities. While treatment is an essential element in the management of back disorders, the key to Mr. Dorrestein's success is his evaluation methodology and program design. Mr. Dorrestein has taught orthopedic physical therapy topics to over 6,000 health care professionals over the years.

This seminar helped me to move beyond the traditional evaluation and treatment methods and look at lumbar dysfunction in a more practical manner for me and my patients.

Jason Fuller, PT
Knoxville, TN



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Who Should Attend

- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Athletic Trainers
- ◆ Certified Strength and Conditioning Specialists
- ◆ Rehabilitation Managers
- ◆ Exercise Physiologists
- ◆ Physiatrists
- ◆ Physicians
- ◆ Physician's Assistants

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Dates & Locations

LONG ISLAND - February 6, 2013

Sheraton Long Island
110 Vanderbilt Motor Pkwy, Smithtown, NY 11788 631-231-1100

MANHATTAN - February 7, 2013

Millennium Broadway Hotel New York
145 W 44th St, New York, NY 10036 212-768-4400

QUEENS - February 8, 2013

Adria Hotel and Conference Center
221-17 Northern Blvd, Bayside, NY 11361 718-631-5900

PARAMUS - March 6, 2013

Holiday Inn Saddle Brook Hotel
129 Pehle Ave, Saddle Brook, NJ 07663 201-845-7800

EDISON - March 7, 2013

Edison Hotel
3050 Woodbridge Ave, Edison, NJ 08837 732-661-1000

ATLANTIC CITY - March 8, 2013

Resorts Atlantic City
1133 Boardwalk, Atlantic City, NJ 08401 609-340-6000

Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

COURSE CONTENT

INTRODUCTION

- ◆ History of treatment of back pain
- ◆ Role of the therapist in back pain management
- ◆ Functional anatomy
- ◆ Principles of muscular imbalances
- ◆ Mechanisms of back problems
- ◆ Research
- ◆ Evidence-based approach

EVALUATION

- ◆ How to design a comprehensive, concise evaluation
- ◆ **Subjective:** how to obtain pertinent information
- ◆ **Objective:** how to choose your assessment tools
- ◆ **Assessment:** how to develop a diagnosis
- ◆ **Plan:** setting treatment goals and objectives, treatment strategies
- ◆ Determine estimated number of visits and functional outcome
 - return to sport
 - return to work
 - return to optimal independence in ADL
- ◆ Traditional evaluation
- ◆ Functional evaluation of inner and outer core
- ◆ Lab

TREATMENT PHILOSOPHY

- ◆ Traditional model
- ◆ Functional model

TREATMENT APPROACH

- ◆ Traditional approach
- ◆ Segmental stabilization
- ◆ Global stabilization
- ◆ Addressing motor control deficits and the role of proprioception
- ◆ Education on proper posture and body mechanics
- ◆ Lab

TIPS FOR BETTER RESULTS

- ◆ For better compliance
- ◆ How to deal with workman's compensation patients
- ◆ Functional stabilization for specific patient populations

PREVENTION

- ◆ Education on prevention of back problems
- ◆ How to optimize athletes' performance

PROGRAM DEVELOPMENT

- ◆ Community back screenings
- ◆ Industrial rehabilitation
- ◆ Back school for injured and high-risk clients
- ◆ Ergonomic assessments
- ◆ How to incorporate lumbar stabilization within a fitness program

CONCLUSION

What You Will Learn

- ◆ Discover how to move away from a symptom-based to a more functional approach
- ◆ Understand the functional anatomy and the role of the muscular system
- ◆ Recognize the common causes of lower back pain
- ◆ Demonstrate how to recruit the inner and outer core and develop functionally-based exercises for various patient populations

What You Should Bring

Please bring comfortable clothes for lab sessions/demonstrations, and an exercise mat or thick towel, as well as a blood pressure cuff.

Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

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Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.



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Continuing Education Credit

Athletic Trainers: Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097
6 CEUs will be awarded.



Occupational Therapists, Occupational Therapy Assistants

Occupational Therapists: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Intermediate, Category 2: Occupational Therapy Process.



Exercise Physiologists: The American College of Sports Medicine's Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2011-2013). Providership # 650699.



Physician Assistants: This program has been reviewed and is approved for a maximum of 6 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel. Physician assistants should claim only those hours actually spent participating in the CME activity. This program was planned in accordance with AAPA's CME Standards for Live Programs and for Commercial Support of Live Programs.



Certified Strength and Conditioning Specialists: NSCA Certification Executive Council approved 0.6 CEUs for CSCS and NSCA-CPT certificants attending this event.
Aprvl# D1035.



Physical Therapists: Cross Country Education is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider for physical therapy and physical therapist assistant continuing education. This seminar is awarded 7.2 contact hours. This program has been submitted for 6 continuing education credits to the New Jersey State Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants.

Other professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.



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