

Title of Presentation: The Thoracolumbar and Lumbopelvic Complex - A Case Study:
Taking a Patient from Pain 2 Performance

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Description of Presentation:

This presentation will cover the work up of an acute disc herniation patient with a lateral shift. We will discuss an organized framework for assessment, management, treatment, rehab and the transition from pain to performance. We will cover the risk factors for injury, physical exam procedures, functional exam procedures, manual therapy and manipulation interventions, advanced rehabilitation methods and how to build strength, resilience and capacity navigating the path of pain to performance.

Outline/Objectives of Presentation:

1. Introduce a novel approach called the Mechanical Assessment Pyramid that helps transition a patient from pain to performance
2. Discuss in detail how this approach is utilized in the context of an acute lumbar disc herniation with lateral shift
3. Discuss how to manage and co-manage this case appropriately with our medical colleagues in physiatry
4. Introduce the concept of pattern recognition as part of orthopedic physical exam procedures to better help classify the condition leading to improved outcomes
5. Introduce the concepts of the McKenzie Method classification scheme as it applies to a work up of a low back case in general and in the case of a acute lumbar herniation with lateral shift
6. Discuss the role of functional exam and movement screens in a comprehensive work up of lumbar spine pain and in the case of an acute lumbar herniation with lateral shift
7. Discuss the role and utilization of the FMS (Functional Movement Screens) in the transition of pain to performance
8. Provide a framework for general physical preparedness and sports specific training to reintegrate lumbar spine patients and a patient with an acute lumbar herniation with lateral shift back to recreational and quality of life activities