

Active Care of the Lumbar Spine for the Health Care Provider

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Text/Resources/Disclosures:

No textbooks required. Computer and Internet service required for completion of this course. Funding sources and potential conflicts of interest statement: No funds were received, underwritten or subsidized by any vendors of any goods including supplies or services for this course.

Description:

This six-hour distance based course will provide Doctors of Chiropractic with current information concerning active care approaches to low back pain. Topics covered will include the epidemiology, orthopedic assessment, functional anatomy and biomechanics, active and passive treatment approaches to low back pain. The course is designed for the general practicing Doctor of Chiropractic. The learner's participation (time) is actively tracked and logged.

Goals:

In this course the learner will:

1. Review the evidence supporting active care for low back pain.
2. Review epidemiological research of low back pain patients relevant to low back rehabilitation.
3. Define commonly used terms in low back rehabilitation.
4. Review red flags to conservative care of back pain.
5. Introduce novel approaches to orthopedic assessment of the low back.
6. Understand how the hip can influence lumbar spine pathomechanics.
7. Introduce soft tissue treatment options for the low back and hip.
8. Introduce joint mobilization techniques for the hip.
9. Describe basic rehabilitation concepts relevant to the lumbar spine.
10. Apply contemporary exercise progressions for low back pain.
11. Introduce advanced strengthening and neuromuscular retraining exercises for back pain patients.
12. Analyze the effectiveness of unstable surface training in rehabilitation and sports performance.
13. Describe rehabilitation program design concepts.

Requirements:

Six hours of online education will be logged and tracked. Activities will include reading assignments, viewing of multimedia presentations, discussion via internet post or forum, and an online learning assessment via written examination.

Resources: www.dconline.org

Evaluation:

The learner's time spent studying course materials is tracked electronically. A learning outcome examination is administered at the termination of the course materials.

Course Schedule Hour by Hour:

- 1 Evidence for low back pain rehabilitation
- 2 Concepts in spinal rehabilitation
- 3 Movement pattern assessment as part of the orthopedic exam
- 4 Hip influence on lumbar spine pathomechanics
- 5 Rehabilitative exercise
- 6 Rehabilitation program design

DISCLAIMER STATEMENT:

This syllabus is a representation of the requirements for successful completion of the course, containing the objectives, content, organization, and evaluation processes. It is the student's responsibility to read, comprehend, and act on the syllabus' objectives, content, and requirements. The faculty teaching this course reserves the right to reasonably alter the sequence of activities, assignment dates, and evaluation and assignment methods or styles. Every effort will be made to inform the class members in advance of such changes. Students are responsible for following the syllabus and any

changes instituted by the faculty. Should there be any questions or need for reasonable interpretation or clarification of the syllabus, the student must contact the lead course instructor/syllabus author(s) to obtain answers to the above.