

# Active Care of the Lumbar Spine for the Health Provider

---

**Tuition:** \$99

**Hours:** 6

## Instructor

---

- **Dustin Nabhan, DC, DACBSP, CSCS**

## 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.

## 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. There will be at least three questions for every hour of the class. True/False, multiple choice, short answer and essay questions may be used. A final score of 75% or greater is required for completion of the course. Learners not achieving the pass rate will be directed to additional study by the instructor and allowed to re-take the examination.

## Outline

---

### Hour

1. Evidence for low back pain rehabilitation.
2. Concepts in spinal rehabilitation / Red Flags to active care
3. Movement pattern assessment as part of the orthopedic exam
4. Hip influence on lumbar spine pathomechanics
5. Hip mobility technique
6. Rehabilitative exercises

## Objectives

---

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. Understand 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.

## Disclaimer

---

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.

**All opinions, viewpoints and recommendations contained in this presentation represent those of the author alone and do not represent the opinions, viewpoints or recommendations of any organization with which the author may be affiliated, including, without limitation, the USOC or/and the ACBSP.**