

To: Stephanie Artrip/ Yolanda Davis  
From: Dr. Duarte DABCO, DCBSP, CSCS, MSAC, MS.  
RE: Kentucky Fall presentation  
Title: **Evaluation and Rehabilitation of the Low Back Pain Patient**

This is an evidence based, interactive program that covers a Chiropractic patient from examination to rehabilitation. Some important topics such identifying red flags, consent and outcome instruments are discussed. A discourse of muscular imbalances, their causes, identification, consequences and treatments are considered. Evaluation procedures such as the squat test, muscle length and strength testing are incorporated in a practical way that is compatible for use in the busy Chiropractic practice. Conditions such as nonspecific Low back pain, Spondylolisthesis, Lumbar disc lesions, Sciatica, and Sacral iliac joint dysfunction are a few of the conditions discussed. Before the class concludes Lumbar stabilization, evaluation and rehabilitation techniques will be illustrated. The practitioner will leave this class with the tools to implement a Low Back Stabilization program Monday morning.

#### Course Objectives:

1. Identify low back instability
2. Identify muscle imbalance
3. Perform function tests – squat test, postural analysis
4. How and when to begin a low back rehabilitation course
5. Evaluate other specific and nonspecific low back conditions

#### Hour 1:

- History and examination of a patient with low back pain.
- Identifying Red flags
- Consent
- Outcome instruments

#### Hour 2:

- Causes of muscle imbalance
- Identifying muscular imbalances
- Postural analysis; Sway back, Flat back, and Kyphosis-lordosis posture evaluation.

### Hour 3:

- Overhead Squat test; analysis and corrective measures

### Hour 4:

- Presentation and evaluation of presenting conditions; nonspecific Low back pain, Spondylolisthesis, Lumbar disc lesions, Sciatica and Sacral iliac joint dysfunction.

### Hour 5:

- Instability vs. Hypermobility
- Physical signs of instability
- Assessment of stabilizing and mobilizer muscles

### Hour 6:

- Discussion and illustration of Low back stabilization exercises
- How to begin a rehabilitation program when to advance the therapeutic exercises and re-evaluation for ongoing care or discharge of the rehabilitation patient is presented for completeness.