

# Manual Therapy for the Spine

## Targeted Techniques to Eliminate Back Pain

You see them all the time – patients who come to you hoping for relief from their back pain.

The man in his mid-40s who works a physically demanding job. The 25-year-old fitness freak who hurt herself during a deadlift in a CrossFit gym. The 62-year-old grandpa whose back has been bothering him for years and wants to be able to pick up his grandkids.

### Which treatment will be most effective for the patient in front of you?

You've got a standard checklist to help identify the problem, but what do you do when that checklist isn't able to guide your therapy? X-rays looked perfect. Patient has good range of motion. Posture looks good.

This seminar will provide a new framework for evaluating and treating patients. You'll learn:

- How to identify the root cause of impairment faster
- Manual techniques that eliminate pain
- Effective strategies for addressing common conditions like bulging/herniated discs, osteoarthritis, sciatica and more...

Best of all? You'll learn how to apply this framework within the bounds of your typical 30-minute appointment. Register today to learn these innovative techniques that can be applied to your practice the very next day.

### Objectives

1. Investigate relevant statistics pertaining to back injury and associated costs.
2. Determine major and supporting structures vital to spine health.
3. Evaluate common terms related to back pathology (herniation, impingement, spondylolisthesis etc.).
4. Inspect crucial risk factors often cited in contributing to back pain and injury.
5. Distinguish between muscles of gross movement and stabilization.
6. Classify muscle relationships in multiple planes for a given movement.

### Things to bring/wear.

Have a yoga mat or massage table if possible.  
Wear comfortable clothing.

Visit our FAQ page at [www.pesirehab.com/faq](http://www.pesirehab.com/faq) or contact us at [www.pesirehab.com/info](http://www.pesirehab.com/info)

**Target Audience:**  
Physical therapists • Physical Therapy Assistants  
Chiropractors • Exercise Physiologists  
Massage Therapists • Athletic Trainers  
Strength and Conditioning Coaches

### Live Webcast Schedule

*(Times listed in Central)*

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



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# Manual Therapy for the SPINE

## Targeted Techniques to Eliminate Back Pain

### LIVE Interactive Webcast

**Tuesday, October 6, 2020**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW:** [pesirehab.com/webcast/83763](http://pesirehab.com/webcast/83763)

Join us online, for this live training!

# Manual Therapy for the SPINE

## Targeted Techniques to Eliminate Back Pain

- Quickly identify and treat misalignments
- Game changing strategies to maximize your 30-minute protocol
- Become the go-to therapist for back pain!

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## Outline

### Postural and Functional Evaluation

Pertinent biomechanics- MOP principle  
Gait analysis  
Quickly identify joint misalignments  
Static and dynamic assessments  
ROM tests  
Pinpoint referred pain patterns  
Assign causative muscle imbalances

### The 30-Minute Protocol:

Manual Techniques that Get Results FAST  
Top ten triggers  
Muscle activation techniques  
Proprioceptive Neuromuscular Facilitation (PNF)  
Nerve strokes  
Muscle release  
Fascial release  
Joint distraction  
QL release  
Hip flexor release

### Treatment for the Most Common Conditions

Herniated/Bulging disc  
Osteoarthritis

Osteoporosis  
Ankylosing Spondylitis  
Spondylolisthesis  
Scoliosis  
Spinal Stenosis  
Lower Cross Syndrome  
Sciatica

### Framework to Restore Muscle Balance

Rectus femoris  
Problems caused by footwear  
Gastrocnemius  
Pectoralis minor  
Latissimus dorsi  
Ergonomic issues  
Anterior pelvic tilt  
Valgus/varus lower extremity  
Protracted shoulders

### Alternative Therapies

Inversion tables  
Decompression tables  
CBD products  
Home TENS units

## Speaker

**Jim Menz**, holds a Master's Degree in Exercise Science and a Post Graduate Certificate in Rehabilitative Science. He has worked with a spectrum of clients in the community, athletic and rehabilitative settings. He's been a college instructor for 12 years and has constructed programs in Exercise Science and Massage Therapy for Salem and Cumberland County College, and the University of Delaware. He is an approved provider by the NCBTMB and delivered hundreds of seminars throughout the country for PTs, LMTs, exercise physiologists and nurses since 2004. Having written numerous articles and courses, Jim recently published his eBook "Heart Appreciation" which is a guide to the cardiovascular system. Jim's approach to serving his clients always puts safety first by emphasizing the least invasive techniques as supported by rationale.

#### Speaker Disclosures:

Financial: Jim Menz is the owner of JGM Consulting. Menz is an adjunct professor at Rowan University and Salem Community College. He receives a speaking honorarium from PESI, Inc.

Non-financial: Jim Menz has no relevant non-financial relationship to disclose.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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Credits listed below are for full attendance at the live webcast only. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "Live Webcast Schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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### MANUAL THERAPY FOR THE SPINE: TARGETED TECHNIQUES TO ELIMINATE BACK PAIN

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**1 Please complete entire form if sending by mail** *please print legibly*



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**October 6, 2020** [PWZ83762]

**\$219.99** tuition\*

8am Central time

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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

#### QUESTIONS

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