



Select Medical Outpatient Division  
Clinical Education Department  
1217 Ira E. Woods Avenue, Grapevine TX 76051  
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**TO:** Managers and Clinicians  
**FROM:** Alan Evans, PT, MOMT, FAAOMPT, MCSP  
**DATE:** 5/4/2010  
**RE:** **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Clinical Applications**

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Please find below information regarding a clinical education course scheduled for your area:

**COURSE:** **Spinal Manipulation for Physical Therapist**  
***Indications and Techniques***

**DATES:** July 17-18, 2010

**SCHEDULED INSTRUCTORS:** Michael Lucido, PT, OCS, COMT, FAAOMPT  
Dallas, TX

**LOCATION:** Select Physical Therapy  
2620 N Third Street  
Phoenix, AZ 85004  
Host Center Manager: Jamie Pinder  
Host Contact: Jeff McNeil/Jamie Pinder

**DIRECTIONS:** From Airport take west exit towards SR 51/ I10West. Merge onto I 10 West. Exit 7<sup>th</sup> STREET (not 7<sup>th</sup> Avenue). Take a right onto 7<sup>th</sup> Street. Travel North to Virginia Ave. Take a left onto Virginia heading west. Take a right onto Third Street and make your immediate left into the parking lot. There is ample parking available at the clinic. Phoenix Sky Harbor Int'l Airport is approximately 6 miles.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited for this program.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 15.5 contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4-6 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.com)

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager. Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

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Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

## **Spinal Manipulation for Physical Therapist July 17-18, 2010 – Phoenix, AZ**

### **Course Description:**

This course in spinal manipulation (thrust manipulation) will emphasize clinical indications and safety. Case studies will be presented on real orthopedic conditions that are ideal for manipulative physical therapy along with current scientific evidence supporting the use of this treatment. This course is 70% practical (techniques) and 30% didactic covering the articulations of the upper cervical spine, lower cervical, thoracic/ribs and lumbar spine. This course is for orthopedic physical therapist, osteopaths and medical doctors who are interested in manipulative techniques of the spine and related articulations.

**Target Audience:** PTs

**Instructional Level:** Intermediate/Advanced

### **Completion of Pre- Course Requirements:**

- 1) Completion of pre-course readings (will be sent with the confirmation letter)
- 2) View Web-ex entitled "Manipulation in the Medical Model"  
Parts I & II – Michael Lucido, PT, FAAOMPT

Use this [link](#) to access the above mentioned webexs

### **Course Objectives:**

*The participant at the end of the course will be able to perform the following*

- 1) Discuss the neurophysiologic and mechanical benefits of spinal manipulative physical therapy.
- 2) Discuss the indications and contraindications for cervical manipulative therapy.
- 3) Perform a distraction & extension manipulation of the O/A joint.
- 4) Perform a flexion manipulation of the lower cervical spine with spinal locking
- 5) Perform an extension manipulation of the upper & lower cervical spine.
- 6) A high velocity thrust technique to extend a lumbar z- joint.
- 7) A high velocity thrust technique to flex a lumbar z – joint
- 8) An axial distraction technique of the cervico-thoracic junction
- 9) A cost-transverse gapping manipulation
- 10) An corrective thrust technique for an anterior innominate
- 11) To discuss absolute contraindications for spinal manipulation
- 12) Discuss the top three health issues that potentially could put someone at risk of adverse responses to OMPT.
- 13) Describe osteoporosis and its relevance to thoracic manipulation.
- 14) Two techniques to extend bilaterally T5 –T6.
- 15) Discuss current research regarding clinical prediction rules for patients with neck pain and the use of thoracic manipulation.
- 16) Discuss clinical prediction rules and the use of manipulation for patients with unilateral low back pain less than < 16 days duration and no pain below the knee.
- 17) Discuss the hierarchy of evidence based practice from level 1 to level 5
- 18) Discuss the utility of spinal manipulation for acute low back pain as compared to rest or NSAIDS.

## Agenda

### First Day

- 7:30 Registration
- 8:00 Introduction
- 8:15 Evidence supported and “best practices” in OMPT
- 8:30 Indications & Contraindications
- 9:00 Biomechanics Lecture – Cervical
- 10:00 Upper Cervical Techniques
- 11:30 Lower Cervical Techniques
- 12:30 Cervical Case Study
- 1:00 Lunch
- 1:45 Cervico – thoracic techniques
- 3:00 CTJ Case Study
- 3:30 Thoracic articulations
- 5:00 Dismiss

### Second Day

- 8:00 Review first day
- 9:00 Thoracic /Rib articulations techniques
- 12:30 Thoracic Case Study
- 1:00 Lunch
- 1:45 Upper Lumbar Techniques/ Lower Lumbar Techniques
- 3 :00 Clinical prediction rules
- 4:00 Dismiss

### Instructor Biography:

**Michael Lucido, PT, OCS, COMT, FAAOMPT** is a 1985 graduate of UT Southwestern Medical Center in Dallas and has over 23 years of orthopedic physical therapy experience with clinical interest and specialization in spinal dysfunction. He is board certified by the American Board of Physical Therapy Specialists and has completed a fellowship in orthopedic manipulative physical therapy. Michael is presently employed by Select Medical Corporation and serves on Select Physical Therapy’s national spine faculty. He is the director of the “DFW Spine Mentorship Program” and teaches residency and fellowship levels for physical therapists in manual physical therapy. Michael has taught on a post-graduate level for physicians, physical therapists and occupational therapists and has received local and national awards for his instruction. He is on faculty of the North American Institute of Orthopedic Manual Therapy, Inc. and has served as guest lecturer for both Dallas based physical therapy programs at University of Texas Southwestern Medical Center and Texas Women’s University. Michael has met educational and practice standards to be a “Fellow” in the American Academy of Orthopedic Manual Physical Therapist and serves on the AAOMPT 2008 membership committee. He and his wife are owners of “Advanced Physiotherapy Studies” a private company that promotes clinical excellence for physical therapists.

### Instructors Disclosures Statement:

Michael Lucido is affiliated with the North American Institute of Orthopedic Manual Therapy (NAIOMT) and ADVANCED PHYSIOTHERAPY STUDIES

***Program Accreditation:***

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 15.5 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

**American Physical Therapy Association of Arizona**



***ADA Compliance:***

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.