

**Title:** Evidence-based Evaluation & Management of Common Spinal Conditions: Part 2  
Thoracolumbar Spine

**Overview:** The attendee will learn current evidence-based orthopedic and neurological testing strategies, as well as current evidence-based multimodal treatment strategies, to accurately diagnose and manage the patient presenting with thoracic, lumbar, and sacral region complaints. PowerPoint presentation and recorded video demonstrated will be presented. Conditions covered include: thoracic facetogenic pain, costal pain syndromes, thoracolumbar junction syndrome, cluneal neuropathy, scoliosis, lumbar treatment clinical prediction rules, lumbar facetogenic pain, sacroiliac joint pain, lumbar discogenic pain, lumbar disc herniation, lumbar spine stenosis, and lower crossed syndrome. Following each section, the attendee will complete a mini-quiz before moving on to the next section.

**Objectives:** The attendee will be provided with up-to-date evaluation and management techniques concerning the most commonly presenting thoracic and lumbar spine conditions. At the end of the presentation, the attendee should have a basic understanding of research terminology and how to interpret and implement published research works. The attendee will have an in-depth understanding of the most current evidence-based examination and treatment protocols for the most commonly presenting conditions in the thoracic and lumbar spinal regions.

Hour 1

- Course and instructor introductions
- Thoracic spine facet pain
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures
- Costal pain syndromes
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures

Hour 2

- Thoracolumbar junction pain & cluneal nerve entrapment
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures
- Scoliosis
  - Historical and examination procedures and findings
  - Prognosis and assessing risk for progression
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures

Hour 3

- Lumbar spine treatment clinical prediction rules
  - Low back pain treatment classifications
  - Lumbar manipulation
  - Lumbar stabilization exercises for chronic low back pain
  - Failure of stabilization exercises for chronic low back pain

- Lumbar traction
- Risk for progression from acute to chronic pain
- Lumbar facet joint pain
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures

#### Hour 4

- Sacroiliac joint pain
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures
- Lumbar discogenic pain
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures

#### Hour 5

- Lumbar disc herniation
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures

#### Hour 6

- Lumbar spine stenosis
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures
- Lower crossed syndrome
  - Historical and examination procedures and findings
  - Evidence-based manual therapy intervention
  - Video demonstration of exam and treatment procedures

Selected References – 257 Additional References Available Upon Request.

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