



Presents

Lumbar Spine

Assessment & Treatment Workshop

Sunday February 7, 2010
9am to 5:30pm

Instructor: **Michael Boni, PT, CAT(C), ATC, FCAMT, CAFCI**

- Certified member with the Canadian Athletic Therapists Association
- Member of International Federation Orthopaedic Manipulative Therapists
- Fellow of the Canadian Academy of Manipulative Therapists
- Credentialed Instructor with Orthopaedic Division of the Canadian Physiotherapy Association
- Course Director with the School of Kinesiology and Health Science, York University
- Co-Director of Core Solutions Physiotherapy & Wellness

Course Objectives:

- **Overview of lumbar spine anatomy, biomechanics and dysfunctions**
- **Gain practical assessment knowledge of the lumbar spine with clinical application**
- **Learn how to treat lumbar spine dysfunctions using mobilization and muscular control retraining techniques**

Course Location:

The *Physiotherapy* Professionals
9100 Jane Street, BLDG A, Suite 102
Vaughan, ON, L4K 0A4
(SW corner of Jane St. & Rutherford Rd.)
p: (905) 760-7767 f: (905) 760-0393



Criteria For Acceptance:

- Certified Athletic Therapists
- Athletic Therapy Certification Candidates

Course Tuition:

\$195.00 / Tax Receipts provided on course date/ \$30.00 is non-refundable
No refunds for cancellations 1 week or less before course date

Course Registration:

Mail PAYMENT with REGISTRATION to:

Michael Boni
126 Bestview Crescent,
Maple, ON, L6A 3T1

Fax registration to (mail payment to above address):

905-760-0393

Email registration to (mail payment to above address):

michael@manualtherapymentor.com

payment is required to reserve your space in the course

**SPACE IS LIMITED!!!!
ONLY 10 REGISTRANTS WILL BE ACCEPTED TO ENHANCE
STUDENT INTERACTION**

.....*detach here*.....

Lumbar Spine Assessment & Treatment Workshop, Sun February 7, 2010

Registrant Name: _____

Address: _____

Telephone: _____

Email: _____

Please make **cheques payable** to **Michael Boni** and mail with **registration form**
to: **Michael Boni, 126 Bestview Crescent, Maple, ON, L6A 3T1**



Lumbar Spine Assessment and Treatment Workshop

COURSE DESCRIPTION:

This course is a practical and interactive 1-day workshop with an emphasis on clinical application of manual therapy skills relating to the Lumbar Spine. It will provide an overview of lumbar spine anatomy, biomechanics and dysfunctions and allow the participant to gain practical clinical assessment knowledge of the lumbar spine. The participant will also learn how to clinically treat lumbar spine pathology using mobilization and muscular control retraining techniques.

Note: As this is primarily a practical course, please dress appropriately

COURSE AGENDA:

February 7, 2010

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|------------------------|---|
| 8:30 – 9:00am | Registration |
| 9:00 – 10:00am | Overview of Anatomy & Biomechanics
Lumbar Spine |
| 10:00 – 12:15pm | Lumbar Spine Assessment
Active/Passive inter-vertebral movements
Passive accessory movement testing
Passive and dynamic stability testing |
| 12:15 – 1pm | LUNCH |
| 1:00 – 1:45pm | Lumbar Spine Pathology |
| 1:45 – 3:15pm | Lumbar Spine Treatment
Z-joint mobilization techniques |
| 3:15 – 3:30pm | BREAK |
| 3:30 – 5pm | Lumbar Spine Muscular Control Retraining Techniques |
| 5 – 5:30pm | Evaluation & Wrap-up |
- CATA - 3.0 CEUs**