

*Spine
Level II
16 contact hours*

Brief Overview

Despite the growing amount of high quality evidence supporting exercise as an effective rehabilitation intervention, translating research to practice proves challenging for clinicians. Further, rehabilitation has allowed gains in symptom moderation and subjective functional measures to be lauded as sufficient progress for clients without truly addressing impairments and objective functional outcomes. This is problematic in that a reduction in symptoms and client-reported improvements in function can occur through general exercise and the natural healing process without the skill of a therapist.

It is time for a reset.

We must translate evidence-based rehabilitation into daily clinical practice to ensure that all clients receive adequate, intense, and progressive exercise rehabilitation.

Course Content

Building on Fundamentals, this 2 day course furthers the step-by-step approach for therapeutic exercise dosing and delivery by adding precision design concepts for the spine. As hands-on professions, practical lab components using real clinical scenarios are mixed with interactive discussion-based lectures for skills that can be applied right away in the clinic. To help therapists build advanced clinical reasoning skills in exercise prescription, therapeutic exercise design is taught with an emphasis on the “why”, “how”, and “when” rather than on specific exercises. Hands-on skills for the clinical application of hand-held dynamometry in comprehensive assessment, documentation of objective strength measures, and precision exercise dosing are practiced and mastered.

We urge clinicians to move beyond symptom moderation alone, and this course focuses on delivering clinically meaningful improvements to clients in all 4 outcome domains: symptom moderation; impairment correction; subjective functional performance; and objective functional performance. Further, we teach a systematic structure to the order of interventions provided to a client within one session as well as the progression from session to session.

Our framework, the MET MET-odology, is a contemporary development of medical exercise therapy concepts introduced by Oddvar Holten. It does not replace your current treatment practices (the tools in your toolbox), rather it provides structure to them (your very organized toolbox).

Topics: hand-held dynamometry; exercise prescription; exercise design; optimal improvement; 4 outcome domains; local / semi-global / global therapeutic exercises; three-dimensional approach to spine stabilization exercises; spine

Audience

Physical therapist, Physical therapist assistant, Occupational therapist, Occupational therapist assistant, Athletic trainer

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Objectives

- Apply the 2 guiding principles of the MET MET-odology in therapeutic intervention selection for the spine.
- List 3 factors to achieve optimal patient improvement.
- Recognize 3 factors from the clinical interview which help create patient buy-in into the treatment plan.
- Develop 1 spine treatment session plan.
- Identify measurement tools for the spine to achieve meaningful improvements in 4 outcome domains.
- Apply the 4 training principles to therapeutic exercise prescription for the spine.
- Apply the biomechanical concepts of torque and length tension in therapeutic exercise design for the spine.
- Operate a hand-held dynamometer (HHD) in 1 biomechanical examination for the spine.
- Execute Clinical Fatigue Tests (CFT) in 3 clinical scenarios for the spine.
- Interpret the results of the CFT to appropriately dose 2 therapeutic exercises for the spine.
- Design 1 precision therapeutic exercise prescription for the spine.

Required Pre-Course Reading

1. Bertozzi L, Gardenghi I, Turoni F, et al. Effect of therapeutic exercise on pain and disability in the management of chronic nonspecific neck pain: systematic review and meta-analysis of randomized trials. *Phys Ther.* 2013 Aug;93(8):1026-36.
2. De Ridder EM, Van Oosterwijck JO, Vleeming A, Vanderstraeten GG, Danneels LA. Posterior muscle chain activity during various extension exercises: an observational study. *BMC Musculoskelet Disord.* 2013 Jul 9;14(1):204.

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Course Outline

Day 1

- 07.45 AM Registration
08.00 AM Introduction;
Pre-course reading discussion;
Clinical Scenarios
09.00 AM The **MET**-odology: Review and updates
10.00 AM Break
10.15 AM Optimal Patient Improvement for Spine
- Change the story
- Outcome domains (Symptoms / Impairment)
30. M Lunch
01.30 PM Optimal Patient Improvement for Spine
- Outcome domains (Subjective and objective performance)
- Training principles
03.30 PM Break
03.45 PM Design considerations for Spine
- Biomechanical considerations
- Functional Integration
- Tissue response
05.30 PM Adjourn

Day 2

- 07.45 AM Check-in
08.00 AM Design considerations for Spine
- Muscle bias tests for Spine
10.00 AM Break
10.15 AM Dosing considerations for Spine
- Dose the weak link in the movement pattern
- Dosing for Symptom moderation and ROM
- Exercise-bias tests for Spine and CFT
12.15 PM Working Lunch - Clinical Scenarios
01.00 PM Delivery considerations for Spine
02.00 PM Revisit Clinical Scenarios (practical interaction)
03.00 PM Post- course interaction / Q&A
04.00 PM Adjourn