“The influence of hip stiffness on lumbar spine movement in the classification of patients with lumbar pain into MSI syndromes”

Description:

This 3-hour lecture, lab and case/research presentation will expand on the participants’ skills in identifying Movement System Impairment Syndromes (MSI) in patients with lumbar spine. In this session participants will correctly categorize patients with lumbar spine pain in appropriate MSI syndromes. Additionally, participants will understand the concept of relative stiffness in the examination process. Specifically, identifying patients with early or excessive lumbar spine movement over hip movement when performing various tasks within three cardinal planes. There will be lab opportunities to evaluate colleagues for MSI syndromes. This presentation will be based upon the most recent peer reviewed evidence.

Objectives:

By the end of this program participants will be able to:

1. Apply the MSI concepts of path of least resistance, relative flexibility/muscle stiffness and hypermobility to the evaluation of patients with lumbar pain.
2. Classify patients with lumbar pain into MSI Lumbar diagnostic syndromes (categories).
3. Explain the relationship between hip joint and lumbar spine stiffness as it relates to early and/or excessive movement during a variety of functional tasks.
4. Demonstrate assessments of the hip joint that expose faulty movement patterns within the lumbar spine.
5. Select appropriate direction-specific functional activities as corrections for patients with lumbar pain (MSI) syndromes.

Key References:


Speaker:

Christina Bernhardt received her MS in Physical Therapy from Boston University in 1993. Past background includes treating patients with orthopedic and neurological conditions in multiple clinical settings, including being the senior neurological therapist at Gaylord Outpatient Rehabilitation. Teaching experience includes working as a lab instructor for Sacred Heart and Quinnipiac University and presenting continuing educational courses for hospitals and PT clinics, NYPTA and CPTA. She currently enjoys working for Access Rehab Centers, integrating movement and wellness with Kripalu Yoga and Rehab-Based Pilates and recently completed a fellowship program in Movement Science from Washington University School of Medicine.

Dr. David Cameron, PT., PhD, OCS is a Clinical Associate Professor of Physical Therapy at Sacred Heart University since 1996. He teaches human anatomy and kinesiology as well as Examination and Documentation in Sacred Heart’s Doctoral of Physical Therapy program. David is the Director of Sacred Heart University’s Human Anatomy Laboratory where he oversees dissection and cadaveric study. Dr. Cameron graduated from University of Connecticut with a Bachelors degree in Physical Therapy (1983) and with a Masters in Sport Biomechanics (1995). He completed his PhD at New York University in 2007. His dissertation titled “Differences in Lower-Limb Stiffness During Jump Landing in Athletes with and Without Unilateral Chronic Ankle Sprain”. He is recognized as a Orthopedic Certified Specialist (OSC) by American Board of Physical Therapy Specialists.