Title: “Using the Movement System Impairment (MSI) Classification System to Evaluate and Treat patients with Low Back Pain.”

Presenter: 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.

Time Frame: 3 hours

Target Audience: Basic

Description: This 3-hour lecture, lab and case/research presentation will introduce the participant to principles and key concepts of Movement System Impairment (MSI) Syndromes, Movement System evaluation and Lumbar diagnostic categories as developed by Shirley Sahrmann, PT, PHD. Lab demonstration and practice of Standing alignment and Movement tests will be used to identify the cause of lumbar pain syndromes providing the participant with a direction-specific intervention to improve patient outcomes. A case presentation of a patient with lumbar extension rotation syndrome will demonstrate how a movement-based low back evaluation and treatment can be used in the clinic.

Objectives:

Upon completion of this workshop the participant should be able to:

1. Explain why static and dynamic balance of a joint is the key focus for optimal movement and prevention of musculoskeletal pain syndromes.

2. Describe key MSI concepts of path of least resistance, relative flexibility/muscle stiffness and hypermobility and apply to the diagnosis of lumbar pain syndromes.

3. Demonstrate a Standing Alignment and Movement testing assessment for the patient with low back pain.

4. List the types of Low back movement impairment syndromes and differentiate between them.
5. Recognize faulty postures and movement patterns associated with low back movement impairment syndromes.


References:


