

Course Title: Rehab 136 - Evaluation & Treatment of the Athlete's Lumbar Spine

Course Description: This course focuses on the evaluation, rehabilitation, and performance training for the athlete with low back pain. The material is relevant to sports medicine clinicians and strength and performance coaches that work with athletes who have lumbar spine disorders. In section one, the epidemiology of low back pain among athlete's in different sports is discussed. A review of anatomy, including the role of the fascial system is presented. In part two, concepts pertaining to pain science, including central and peripheral sensitization are addressed. Medical screening for non-mechanical sources of lower back and the utilization of red and yellow flags are highlighted. This section concludes with a detailed presentation of the evaluation process of the athlete's lumbar spine, with an emphasis on a movement-based approach that is pertinent to specific sports. In the third section, a phase-based approach to rehabilitation is presented. The concepts of workload management, acute to chronic workload and interval training and criteria to transition to performance training and return to play are highlighted.

Target Audience: OT/OTA, PT/PTA, AT

Course Type: Audiovisual presentation

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 3 contact hour / .3 ceu

Course Prerequisites: None

Course Author / Instructor: Robert McCabe

Learning Objectives:

Hour #1

- Recall the most common types of lumbar spine injuries among athletes participating in different sports.
- Identify one advantage and 1disadvantage of the treatment-based classification system as it applies to the treatment of the athlete's lumbar spine.
- List 3 contemporary treatment models that can be applied to the management of lower back pain in the athlete.

Hour #2

- Recall the definition and importance of red and yellow flags during the medical screening process.
- Identify 3 red flags that may implicate a non-mechanical source of lower back pain.
- List the difference between central and peripheral sensitization.

Hour #3

- List one treatment goal in phase 2 rehabilitation of the athlete's lumbar spine.
- Cite one treatment principle in phase 3 rehabilitation of the athlete's lumbar spine.
- Summarize two variations of the squat exercises that can be used to decrease strain on the lumbar spine.
- Recall three variations of the deadlift exercises that can be used to decrease strain on the lumbar spine.
- Summarize McGill core endurance ratio tests that can be used to guide the return to sport decision making process

Agenda:

Hour #1

- Epidemiology of low back pain among athletes (10 min)
- Anatomy review (25 min)
- Common treatment models (25 min)

Hour #2

- Medical screening (10 min)
- Pain science (10 min)
- Evaluation of the athlete's lumbar spine (40 min)

Hour #3

- Rehabilitation of the athlete's lumbar spine (60 min)
 1. Phase I- phase IV: Goals, principles and specific exercises
 2. Return to play criteria.

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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