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AOTA Approved Provider #4023

**Course Title:** Rehab 192

**Course Subtitle:** Therapeutic Programs for Musculoskeletal Programs Involving the Lumbar Region

**Source:** Therapeutic Programs for Musculoskeletal Disorders, by James F. Wyss and Amrish D. Patel

**Source Description:** Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans. Chapters are written by teams of musculoskeletal physicians, allied health professionals, and trainees to underscore the importance of collaboration in designing programs and improving outcomes.

The book employs a literature-driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis. Each condition-specific chapter includes clinical background and presentation, physical examination, and diagnostics, followed by a comprehensive look at the rehabilitation program. Case examples with detailed therapy prescriptions reinforce key points.

See course outline below for details

**Target Audience:** PT/PTA and other healthcare professionals

**Course Length:** 3 hours

**Course Author/Instructor:** Wyss, MD, PT and Patel, MD, PT / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the end of the course, participants will be able to:

- Describe 3 key characteristics of the following conditions: lumbar facet/arthrosis/spondylosis, lumbar disc pathology, lumbar radiculopathy, lumbar spondylolysis and spondylolosthesis, spinal stenosis and other lumbar spine disorders
- List 3 therapeutic modalities for each of the above conditions

- Analyze 2 manual therapy techniques for each of the above conditions
- Describe 3 key components of the home exercise program

### **Outline of Content:**

#### **Hour #1**

##### Lumbar Facet Arthrosis/Spondylosis

Introduction  
 The Rehabilitation Program  
 Therapeutic Modalities  
 Manual Therapy  
 Therapeutic Exercise  
 Specialized Techniques  
 Home Exercise Program  
 Summary  
 Sample Case  
 Sample Therapy Prescription

##### Lumbar Disc Pathology

Introduction  
 The Rehabilitation Program  
 Therapeutic Modalities  
 Manual Therapy  
 Specialized Techniques  
 Home Exercise Program  
 Summary  
 Sample Case  
 Sample Therapy Prescription

#### **Hour #2**

##### Lumbar Radiculopathy

Introduction  
 The Rehabilitation Program  
 Therapeutic Modalities  
 Manual Therapy  
 Therapeutic Exercise  
 Specialized Techniques  
 Home Exercise Program  
 Summary  
 Sample Case  
 Sample Therapy Prescription

##### Lumbar Spondylolysis and Spondylolisthesis

Introduction  
 The Rehabilitation Program  
 Therapeutic Modalities  
 Manual Therapy  
 Therapeutic Exercise

Specialized Techniques  
Home Exercise Program  
Summary  
Sample Case  
Sample Therapy Prescription

### **Hour #3**

#### Lumbar Spinal Stenosis

Introduction  
The Rehabilitation Program  
Therapeutic Modalities  
Manual Therapy  
Therapeutic Exercise  
Specialized Techniques  
Home Exercise Program  
Summary  
Sample Case  
Sample Therapy Prescription

#### Other Lumbar Disorders

Introduction  
The Rehabilitation Program  
Therapeutic Modalities  
Manual Therapy  
Therapeutic Exercise  
Specialized Techniques  
Home Exercise Program  
Summary  
Sample Case  
Sample Therapy Prescription

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **Course Completion Requirements:**

A minimum 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 the course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

Category 1: Domain of OT  
Category 2: Occupational Therapy Process  
Category 3: Professional Issues

**Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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