

## **“Best Practice” Evidence for managing LBP**

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The changing healthcare market is re-defining success into one word: Outcomes. Chiropractors will need to be equipped with current “best practices” in order to achieve the best clinical outcomes. The presenters have synthesized more than 5000 journals and texts into evidence-based synopses for the most common musculoskeletal conditions. This class teaches real world “best practices” to use on Monday morning- thereby improving clinical outcomes as well as the health of our profession.

This practical presentation will review the current standard of care, including the most clinically relevant assessments and treatments for the conditions responsible for LBP. The presenters will show you how to choose treatment based upon a specific diagnosis and classification to improve your outcomes dramatically. You will leave this class with practical, evidence-based skills for managing the “Continuum of Low Back Pain”.

### **Outline**

#### Hour 1-2

Review of normal lumbar anatomy and biomechanics

Understanding the LBP continuum

Practical management of structural lumbar pathology, including: exam/assessment, modalities, traction, myofascial release, IASTM, manipulation/ mobilization, patient education, stretching & low-tech rehab exercises for:

- Lumbar Sprain/ Strain
- Segmental Dysfunction
- Lumbar Disc Lesions
- Lumbar Degeneration/ Stenosis

#### Hour 3

Identification and management of underlying postural and functional deficits that perpetuate LBP including:

- Lower Crossed Syndrome
- Hip Abductor Weakness
- Dysfunctional Breathing
- Spinal Instability
- Foot Hyperpronation

#### Hour 4

Choosing the most appropriate LBP treatment (manipulation, directional therapy, traction, & stabilization)