

# Thrust Joint Manipulation Skill Development For the Lumbar Spine and Pelvis

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FRIDAY OCT 22-23 2016

540 SOUTH COLLEGE AVE

SUITE 160

UNIVERSITY OF DELAWARE

NEWARK, DE

HANDS ON  
COURSE

PERFECT  
AND LEARN  
NEW SKILLS!

Course Information



**Delaware  
Physical Therapy Clinic**

## COURSE OBJECTIVE

This course is designed to maximize physical therapists' ability to successfully modify manipulation techniques to produce the best results. These techniques will focus on operator stance, posture, and handling; patient positioning; and modifying factors. This course will be primarily dedicated to hands-on lab practice. Guided discussions will provide for rationale, indications, and contraindications of manipulation and risks.

Areas to be covered include:

- Thoracolumbar junction
- Pelvis/SI joint/Pubis
- Lumbar Spine

## COURSE GOALS

- Recognize the current best evidence for the implementation of thrust joint spinal manipulation in clinical practice
- Have a working knowledge of the safety issues, precautions, and contraindication to thrust joint manipulation and be able to apply them in the course
- Safely, effectively, and skillfully apply the tests and techniques taught in the course
- Have a working knowledge in the choice of manipulative procedures in the evidence-based multi-modal approach to spinal pain

## COURSE INSTRUCTOR BIO

Dr. Bill O'Grady is a nationally recognized content expert in the management of pelvic and spinal disorders, with numerous publications in this area. He has served as chair for the Orthopedic Specialty Counsel, chair of the Board of Examiners for the American Academy of Orthopedic Manual Physical Therapists (AAOMPT), and a member/lead examiner for the North American Institute of Orthopedic Manual Therapy (NAIOMT). Dr. O'Grady is the recipient of the Washington State Clinical Excellence Award, the Mennell Service Award (AAOMPT), and the coveted Lucy Blair Service Award. Dr. O'Grady has 43 years of experience as a clinician, and continues to lecture and teach high velocity low amplitude manual therapy techniques nation-wide.

## LOCATION

UD Physical Therapy Clinic  
540 S. College Ave  
Newark DE, 19713

## CANCELLATION and REFUND POLICY

The University of Delaware reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of a cancellation or postponement, The University of Delaware will refund any registration fees, but is not responsible for any related costs, charges, or expenses to participants, including cancellation charges assessed by airlines/travel agencies.

# Programming Oct 22-23 2016

## Day 1: Saturday Oct 22: 8am-5pm (Lunch on your own)

- Skills Review/Q&A
- Lumbar Technique Lab
  - Speed and Skill Drills
  - TL junction manipulation
  - Mid lumbar gapping thrust
  - Lumbar Rotation gapping
  - Lumbar Extension (Closing)
- Discussion/Review

## Day 2: Sunday, Oct 23: 8am-1pm

- Skills Review/Q&A
- SI/Pelvic Technique Lab
  - Posterior Innominate Dysfunctions
  - Anterior Innominate Dysfunctions
- Final Review/Q&A

**Total Contact Hours = 13 hours**

### DISCLAIMER

Each session will involve area specific interactive risk analysis, mandatory questions and tests, skills demonstration and practice, and technique refinements. Technique refinement will include: patient handling, touch, efficient PT body mechanics, direction, amplitude, force modification, speed, and proper use of levers, components for better focusing of technique, pre and post technique essentials. By attending you understand you will practice/perform skills on other course participants and give permission to have skills practiced on you.

**\*\*\*If you have any questions please contact Anthony Carroll at #302-831-8893 or email: [anthonyc@udel.edu](mailto:anthonyc@udel.edu)**

# Registration

## Thrust Joint Manipulation Skill Development for the Lumbar Spine and Pelvis

Saturday Oct 22 – Sunday Oct 23 2016

**Registration Deadline: Sept 30<sup>th</sup> 2016** (Class size is limited (60 people) so register early. The course closes when full but a waiting list will be available)

Name: \_\_\_\_\_

Title/Degree (Open to PTs Only): \_\_\_\_\_

Clinic/Institute/Company: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### Course Registration Fee: \$450 Non-APTA, \$425 APTA Members, \$400 UD Alumni

*Registration will not be processed unless accompanied by full payment.*

*Faxed registrations will only be accepted for credit card payments.*

*Full reimbursement for cancelation before Sept 30*

*Cancelation after Sept 30<sup>th</sup> and Oct 11: \$300 reimbursement*

*Cancelation after Oct 11 will forfeit course fee, however replacement PT will be permitted.*

*I understand the cancelation refund policy and understand this course will contain hands on skill practice that*

*I will perform and will be a subject for my colleagues.*

**sign x** \_\_\_\_\_

### Method of Payment

\_\_\_\_\_ Personal Check      \_\_\_\_\_ Institutional Check

*(Please make check payable to The University of Delaware)*

\_\_\_\_\_ MasterCard      \_\_\_\_\_ American Express      \_\_\_\_\_ VISA      \_\_\_\_\_ Discover

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

### Mail/fax the completed registration form and payment to:

Anthony Carroll

540 S. College Ave

Suite 160

Newark, DE 19713

Fax: 302-831-4468