

# Movement System Impairment Introduction to Concepts and Application: Focus on Lower Quarter: Low Back and Hip

Featuring  
**Jennifer Miller, PT, DPT, CLT, WCS**

Assistant professor of physical therapy and obstetrics and gynecology at the Washington University School of Medicine Program in Physical Therapy in St. Louis, MO.

**April 11–12, 2026**

Swedish Hospital Rehabilitation Services Department  
5157 N. Francisco Ave., Chicago, IL



## Course Description

Jennifer Miller, PT, DPT, CLT, WCS will present the concepts and principles of the movement system syndromes and their relationship to mechanical musculoskeletal pain. This course will enable clinicians to identify impairments in movement, alignment, muscle length, stiffness and performance as well as patterns of movement and their relationship to the Movement System Impairment (MSI). The signs and symptoms of MSI syndromes of the low back and hip will be described. The course will also include instruction in tests designed to develop and confirm the diagnosis and identify contributing factors.

## Course Objectives

Discussion will focus on the importance and means of:

- Developing a diagnosis
- Identifying muscle and movement impairments
- Developing and teaching a precise therapeutic exercise program
- Correcting alignment and movement patterns associated with function and fitness activities

A lab will be offered to provide supervised performance of the examination and development of a corrective exercise program.

14 Contact Hours  
IL License # 216.000215

**Space is limited.**  
**Click here to register now!**

## Attire

The course involves laboratory practice.  
Please wear gym clothes.

## Recommended reading:

*Diagnosis & Treatment of Movement Impairment Syndromes* by Shirley Sahrmann, Publisher-Harcourt Health Sciences, 2002.

*Muscles: Testing and Function*  
by Florence Kendall et al,  
Publisher-Williams & Wilkins, 2005.

# Movement System Impairment

## Introduction to Concepts and Application

### Focus on Lower Quarter: Low Back and Hip

## Course Schedule

### Saturday, April 11, 2026

8-8:30 am	Registration
8:30-10:15 am	Concepts and Principles of Movement System Impairments
10:15-10:30 am	Break
10:30 am-12:30 pm	Movement System Impairment Syndromes of the Lumbar Spine (Lecture and Lab)
12:30-1:30 pm	Lunch
1:30-3:30 pm	Lumbar Case and Demonstration and Practice of Selected Tests of the Lumbar Spine (Lecture and Lab)
3:30-3:45 pm	Break
3:45-4:30 pm	Abdominal Muscles Lecture
4:30-5 pm	Practice Assessment and Education Related to Abdominals

### Sunday, April 12, 2026

7:30-8 am	Check-in
8-9:30 am	Movement System Impairment Syndromes of the Hip
9:30-10 am	Practice Selective Tests of Hip – anterior glide
10-10:15 am	Break
10:15-11:30 am	Movement System Impairment Syndromes of the Hip (cont.)
11:30 am-12:15 pm	Lunch
12:15-1:30 pm	Demonstration and Practice of Selected Tests of the Hip – adduction/medial rotation
1:30-2:30 pm	Demonstration of Full Exam of the Lumbar Spine and Hip (or Small Group Exams)
2:30-2:45 pm	Break
2:45-3:45 pm	Discussion of Treatment Principles and Q & A/Wrap-up

*Note: Exact times and order of content are subject to change*



### Course Instructor

**Jennifer Miller, PT, DPT, CLT, WCS** is an assistant professor of physical therapy and obstetrics and gynecology at the Washington University School of Medicine Program in Physical Therapy in St. Louis, MO. Her specialty certifications include lymphedema and pelvic health. Jennifer's clinical interests include treating pelvic floor dysfunction in post-partum and athletic populations. She is a graduate of the Women's Health Residency at the Washington University Program in Physical Therapy and also serves as a mentor. Jennifer received her bachelor of science in business administration from the University of St. Louis Missouri and her clinical doctoral degree in physical therapy from Washington University School of Medicine Program in Physical Therapy. In addition to her professional education, Jennifer is a 200-hour registered yoga teacher and a level 1 CrossFit coach and enjoys incorporating this background into her clinical practice.

# Course Registration

**Movement System Impairment Introduction to Concepts and Application: Focus on Lower Quarter: Low Back and Hip**  
Tuition: \$550  
**Early Bird (before 1/1/2026): \$525**

**Email:** nsulliva@schosp.org

**Phone:** 773-878-8200, ext. 2628

**Fax:** 773-561-0937

**Make Checks Payable to** Swedish Hospital

**Mail To:** Swedish Hospital, Outpatient Rehab at Galter LifeCenter  
Attn: Nora Sullivan, PT  
5157 N Francisco Ave  
Chicago, IL 60625

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

Credentials: \_\_\_\_\_

PT License #: \_\_\_\_\_

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

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

City/State/Zip: \_\_\_\_\_

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

Card Type: \_\_\_\_\_

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

Name on Card: \_\_\_\_\_

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

Signature: \_\_\_\_\_

Confirmation will be sent to you following receipt of registration and tuition.

For questions or comments, please contact Nora Sullivan at nsulliva@schosp.org or call 773-878-8200, ext. 2628

## Location Details

Course will be held at  
Swedish Hospital's Rehab  
Services Department,  
Galter LifeCenter  
5157 N Francisco Ave.  
Chicago, IL

Voted "Best CE Host Site"  
from 2004—2025  
Maitland Australian  
Physiotherapy Seminars

## Cancellation Policy

Tuition will be refunded  
with the exception of a \$50  
administrative charge if  
notice of cancellation is  
received 14 days prior to  
the event or earlier.  
No refund will be issued  
if notification is  
received less than  
14 days prior to course.

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**Click here to  
register now!**