



Swedish Covenant Hospital

Washington
University in St. Louis
SCHOOL OF MEDICINE

Diagnosis and Treatment of Movement System Impairment

Introduction of Concepts and Application

Featuring

Renee Ivens PT, DPT

Associate Professor of Physical Therapy and
Orthopedic Surgery
Washington University School of Medicine

January 30-31, 2016

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



14 Contact Hours
IL License # 216.000215

Introduction to Concepts and Application

Renee Ivens PT, DPT, 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 Movement System Impairment (MSI). The signs and symptoms of MSI syndromes of the low back, hip and shoulder will be described. The course will also include instruction in tests designed to develop and confirm the diagnosis and identify contributing factors.

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 functional and fitness activities

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

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.

Introduction of Concepts and Application

Course Schedule

Saturday, January 30, 2016

8:00 - 8:30	Registration
8:30 - 10:30	Concepts and Principles of Movement System Impairments
10:30 - 10:45	Break
10:45 - 12:00	MSI Syndromes of the Lumbar Spine
12:00 - 1:00	Lunch
1:00 - 2:45	Demonstration and practice of selected tests of the lumbar spine
2:45 - 3:00	Break
3:00 - 4:15	MSI Syndromes of the Hip
4:15 - 5:00	Demonstration and practice of selected tests of the hip

Sunday, January 31, 2016

7:30 - 8:00	Check-in
8:00 - 8:30	MSI Syndromes of the Hip (continued)
8:30 - 9:15	Demonstration and practice of selected tests of the hip
9:15 - 10:30	Demonstration of MSI exam of volunteer with hip pain - determine diagnosis and develop treatment program
10:30 - 10:45	Break
10:45 - 12:00	MSI Syndromes of the Shoulder
12:00 - 1:00	Lunch
1:00 - 1:45	MSI Syndromes of the Shoulder (continued)
1:45 - 3:00	Demonstration and practice of selected tests of the shoulder
3:00 - 3:15	Break
3:15 - 4:15	Demonstration and practice of selected tests of the shoulder; discuss treatment
4:15 - 4:30	Questions and Answers

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

Course Instructor



Renee Ivens PT, DPT, is an Associate Professor of Physical Therapy and Orthopaedic Medicine in the Program in Physical Therapy at the Washington University School of Medicine in St. Louis, MO. In addition to her involvement in the didactic entry level DPT and post-professional DPT curricula, Renee maintains a clinical practice at the School of Medicine. Her clinical interests are posture and movement dysfunctions of the spine and shoulder girdle as well as upper extremity peripheral nerve dysfunction. Her areas of research include the diagnosis and treatment of movement related dysfunctions of the shoulder and spine. Renee received her Bachelor of Science in Physical therapy from Maryville University, and both her Masters in Health Science and her Clinical Doctoral degree in Physical therapy from Washington University.



Swedish Covenant Hospital

Washington
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SCHOOL OF MEDICINE

Diagnosis and Treatment of Movement System Impairment

Advanced Application to the Lower Quarter

Featuring

Suzy L. Cornbleet PT, DPT

Associate Professor of Physical Therapy and
Orthopedic Surgery
Washington University School of Medicine

April 9-10, 2016

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

Advanced Application to the Lower Quarter

Suzy L. Cornbleet PT, DPT, will provide a review and update of the concepts and principles of the Movement System Impairment (MSI) theory and its relationship to musculoskeletal pain syndromes. This course is designed to improve the clinician's skills in the performance of the examination procedures and the recognition of signs and symptoms of lower quarter movement system impairment syndromes. The course will emphasize the selection and performance of corrective exercises based on the results of the examination. Discussion will also include description of the diagnoses of the low back, hip and knee movement impairment syndromes.

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

Prerequisite: Completion of the Introductory Course



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.

Advanced Application to the Lower Quarter

Course Schedule

Saturday, April 9, 2016

7:30 - 8:00	Registration
8:00 - 9:00	Concepts and Principles of Movement System Impairments and Application to the Lower Quarter (Review & Update)
9:00 - 10:00	MSI Syndromes of the Lumbar Spine
10:00 - 10:15	Break
10:15 - 11:15	Demonstration and practice of standing alignment and standing tests
11:15 - 12:15	MSI Syndromes of the Hip
12:15 - 1:15	Lunch
1:15 - 2:30	MSI Syndromes of the Hip (cont.)
2:30 - 2:45	Break
2:45 - 3:45	Demonstration and practice of tests for hip and back
3:45 - 5:00	Demonstration of a full Lower Quarter exam

Sunday, April 10, 2016

7:30 - 8:00	Check-in
8:00 - 8:30	Questions/discussion from previous day
8:30 - 10:00	MSI Syndromes of the Knee
10:00 - 10:15	Break
10:15 - 11:45	Demonstration and practice of selected tests for the hip and knee
11:45 - 12:30	Lunch
12:30 - 1:45	Discussion and practice of treatment for the Lower Quarter; progression of exercises
1:45 - 4:30	Practice Lower Quarter exam, development of a diagnosis and intervention plan
4:30 - 5:00	Questions and Answers

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

Course Instructor



Suzy L. Cornbleet PT, DPT, is an Associate Professor of Physical Therapy and Orthopaedic Medicine in the Program in Physical Therapy at the Washington University School of Medicine in St. Louis, MO. She also serves as a member of the Clinical Education Team for the Program. Her current clinical interests are in pediatric/adolescent and adult outpatient orthopedics, and she maintains a clinical practice at the Washington University School of Medicine PT Clinic. She has been instrumental in the development of Washington University's Fellowship in the Diagnosis and Management of Movement Impairment Syndromes and acts as a primary Mentor. Suzy received her Bachelor of Science in Physical Therapy degree from the University of Colorado and both her Master of Arts in Education degree and her Clinical Doctoral degree in Physical Therapy from Washington University.

Course Registration

☐ **Introduction to Concepts and Application** ☐ **Advanced Application to the Lower Quarter**

Tuition: \$495

Early Bird (before 12/15/2015): \$450

Tuition: \$495

Early Bird (before 1/1/2016): \$450

☐ **Series Discount (register for both courses before 1/1/2016): \$900**

Email: nsullivan@swedishcovenant.org

Phone: 773-878-8200 x2628

Fax: 773-561-0937

Make Checks Payable to Swedish Covenant Hospital

Mail To:

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

Name: _____

Profession: _____

PT License #: _____

Email: _____

Home Address _____

City/ State/ Zip: _____

Work/ Cell/ Home Phone: _____

Card Type: _____

Card #: _____

Name on Card: _____

Expiration Date: _____

Signature: _____

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

Location Details

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

Continental Breakfast and
snacks will be provided
throughout the course.

Voted "Best CE Host Site"
from 2004—2015
Maitland Australian
Physiotherapy Seminars

Cancellation Policy

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

Space is Limited
Click Here to
Register Now!