

Diagnosis and Treatment of Movement System Impairment

Introduction to Concepts and Application: Lower Quarter

Featuring

Jennifer Miller PT, DPT, CLT, WCS

Assistant Professor of Physical Therapy and Obstetrics and Gynecology
Washington University School of Medicine Program in Physical Therapy

April 20–21, 2024

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



14 Contact Hours
IL License # 216.000215

Introduction to Concepts and Application: Lower Quarter

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. 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.

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.

MSI Introduction to Concepts and Application

Focus on Lower Quarter: Low Back and Hip

Course Schedule

Saturday, April 20, 2024

8:00 to 8:30 a.m.	Registration
8:30 to 10:15 a.m.	Concepts and Principles of the Movement System Impairments
10:15 to 10:30 a.m.	Break
10:30 to 11:45 a.m.	Movement System Impairment Syndromes of the Lumbar Spine
11:45 a.m. to 12:45 p.m.	Lunch
12:45 to 2:45 p.m.	Demonstration and Practice of Selected Tests of the Lumbar Spine
2:45 to 3:00 p.m.	Break
3:00 to 4:00 p.m.	Abdominal Muscles Lecture
4:15 to 5:00 p.m.	Practice Assessment and Education Related to Abdominals

Sunday, April 21, 2024

7:30-8:00 a.m.	Check-in
8:00-9:30 a.m.	Movement System Impairment Syndromes of the Hip
9:30-10:00 a.m.	Practice Selective Tests of Hip
10:00-10:15 a.m.	Break
10:15-11:30 a.m.	Movement System Impairment Syndromes of the Hip (cont.)
11:30 a.m.-12:15 p.m.	Lunch
12:15-1:30 p.m.	Demonstration and Practice of Selected Tests of the Hip
1:30-2:30 p.m.	Demonstration of Full Exam of the Lumbar Spine and Hip (or Small Group Exams)
2:30-2:45 p.m.	Break
2:45-3:45 p.m.	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

Introduction to Concepts and Application: Lower Quarter

Tuition: \$550

Early Bird (before 1/1/2024): \$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

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—2023
Maitland Australian
Physiotherapy Seminars

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.

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.

Space is limited.
Click here to
register now!