

MBB

Thoracic & Lumbar Spine Applied

COURSE AGENDA 2023

Pre-Work Videos

2 hours online content w/ quizzes

Day 1

7:30 Registration & Sign In
8:00 Introduction
8:15 Goals, Objectives, Foundations
8:30 Intro Case Study: Low Back Pain
9:00 Biomechanics Gait: Lumbar
9:45 **LAB: Functional assessment lumbar spine**
10:30 *Break*
10:45 Movement Diagnosis System & Clinical Practice Guidelines
11:30 Acute Lumbar Spine Management
12:30 *Lunch*
1:30 **LAB: Functional treatment lumbar spine**
2:30 **LAB: Gait analysis lumbar spine**
3:00 Case Study: Low Back Pain
3:45 Questions
4:00 Adjourn

Day 2

8:00 Questions from Day 1
8:15 Biomechanics: Thoracic Spine
9:00 **LAB: Thoracic Spine Assessment (Type I, Type II)**
9:45 **LAB: Functional treatment spine: success vs dysfunction**
10:45 Special Topics Spine: Scoliosis, 3D Muscle Loading
11:30 *Lunch*
12:45 **LAB: 3D Spine & Hip Assessment**
1:45 Case Study: Thoracic Spine Pain
2:00 **Lab: Gait analysis spine**
3:00 Questions & Feedback
3:30 Course Evaluation & Wrap Up
4:00 Adjourn