



## Spinal Stabilization for the Physical Therapist Assistant *Evidence-Based Lumbar and Cervical Stabilization Workshop*

**When:** Friday, July 10; 8 a.m. – 5 p.m. / **Cost:** \$199 / 8 Contact Hours (.8 CEUs)

**Where:** Lake Superior College, 2101 Trinity Road, Duluth, MN 55811, Room S1981

This 8-hour training will focus on evidence-based cervical and lumbar stabilization with an emphasis on incorporating current research and exercise training for clinical practice. It's designed for physical therapist assistants who are interested in expanding their knowledge of spinal stabilization theory and exercise.

### *Workshop Objectives*

- 1.) Understand current stabilization theory and research and how to incorporate it into your clinical practice.
- 2.) Identify indications, contraindications and precautions for spinal stabilization training.
- 3.) Learn how to safely and effectively perform and treat patients with a variety of stabilization exercises and techniques.
- 4.) Learn how to perform muscle specific cervical, lumbar, and shoulder stretching techniques.

### *Instructor*

*Justin Berry, PT, DPT, MS*

Justin received his MPT and DPT from the University of North Dakota and his MS in Education from Bemidji State University. He is the Physical Therapist Assistant Program Director at Northland College in East Grand Forks, Minnesota. Justin presents on a variety of physical therapy topics at the state, national and international level and continues to treat patients on a part-time basis in outpatient orthopedics and long term care settings. He has taught PTA specific courses throughout the Midwest and western states since 2005.

## WORKSHOP AGENDA

Friday, July 10, 2009

7:30-8:00	Check-in/Networking
8:00-9:00	Introduction, history and stabilization theory
9:00-10:00	Cervical stabilization research, anatomy, and biomechanics
10:00-10:15	Break
10:15-12:00	Cervical stabilization training
12:00-1:00	Lunch (on your own)
1:00-2:00	Lumbar stabilization research, anatomy, and biomechanics
2:00-3:00	Lumbar stabilization training
3:00-3:15	Break
3:15-4:00	Lumbar stabilization training
4:00-4:30	Muscle specific stretching
4:30-5:00	Case studies, Q & A

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## Registration Information

### *Four Easy Ways to Register:*

1. **BY MAIL:** Mail your registration and payment to: **Lake Superior College, Continuing Education**, 2101 Trinity Road, Duluth, MN 55811-3399  
Attn: Amy Westbrook
2. **BY FAX:** Fax your completed registration form and credit card information. Fax: **218-733-5952**. We accept faxed registrations payable by credit card only.
3. **IN PERSON:** Visit us at LSC, Continuing Education, Lifelong Learning Center, weekdays 8 am-12, 1 pm-4 pm.
4. **BY PHONE:** Call during regular office hours, 8 am-4:30 pm and register with your credit card. Phone: **218-733-5917**.

*\*Registration will be confirmed via e-mail- please include on the form*

Print the Registration Form at our website:

[www.lsc.edu/continuingeducation](http://www.lsc.edu/continuingeducation); click Physical Therapist Workshop.

*Individuals with disabilities may request reasonable accommodations or information by contacting LSC Disability Services, 218-733-7650, TTY 218-733-7705 or g.robillard@lsc.edu*

## *CONTACT INFORMATION*

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