



**2026**

**Guidelines-based Diagnosis and Treatment of Common Musculoskeletal Disorders**

**Session 1 – Low Back & Pelvis**

- Day One: Pelvic Girdle / Clinical Reasoning using the ICF**
- Day Two: Lumbar Spine / Low Back Examination - demystified**
- Day Three: Lumbopelvic Region / Low Back Pain - diagnosis and management**

## 2026 Ortho PT Seminars Series - Information

### Seminar Content Outline

The objective of this seminar series is to train residents and clinicians participating in continuing professional development in the skills required to implement the APTA Orthopedics Clinical Practice Guidelines at a high level. In essence, it will be 12 days of fast-paced, high-level skill-building.

### Pre-Seminar Knowledge and Testing Requirements

In my role as the APTA Orthopedics Associate for Practice Guidelines Implementation, I collaborated with an APTA Orthopedics vendor partner, PhysioU, to develop a learning management system featuring interactive learning modules, digital decision trees, foundational educational presentations, procedure videos, and handouts based on our Clinical Practice Guidelines for Common Musculoskeletal Conditions. This LMS and PhysioU's Ortho PT-related apps – including Exercise Patterns – offer comprehensive insights into CPG implementation strategies.

For each day in the attached Seminar Content Outline, the "Knowledge to Review/Acquire Prior to Class" section provides the LMS and app materials to review. These materials include CPG Interactive Learning Modules, which have multiple test items embedded in the modules. Participants need to score 80% on these test items to pass each CPG module. If the participant scores less than 80%, they can retake that module.

It is expected that every seminar participant will complete the learning module on the CPGs covered in class on that day, before arriving at class.

All APTA Orthopaedics members receive free access to the APTA Orthopedics /PhysioU Practice Guideline Package as part of their membership benefits.

For non-members, the cost to access the Practice Guideline Package for 12 months is \$200.

The AOPT Vendor Partners, such as PhysioU, share revenue from these products derived from the AOPT's CPG with the AOPT to help sustain the development, revision, and dissemination of the CPGs. To access the LMS, use the following link: <https://clinicalpattern.com/aopt-practice-guidance/>

### Rationale for Pre-Seminar Knowledge Requirements

This seminar series will utilize a "flipped" classroom design to optimize the use of in-person, hands-on psychomotor coaching and clinical reasoning training. Essentially, the knowledge gained from (1) DPT entry-level education and the CPG-related Foundational Educational Presentations, (2) the LMS's CPG Interactive Learning Modules, and (3) the CPG-related apps (e.g., Exercise Patterns) forms the foundation for skill acquisition.

The seminar instructors expect all participants to have this foundational *knowledge* when they enter the classroom. On the first day, the instructors will train *skills* based on that knowledge level and will continue to do so throughout the 12 days of the seminar. The LMS also features integrative decision trees, handouts summarizing the content, and videos of the procedures covered in the seminars, which can serve as recall and practice tools for participants.

Feel free to contact me or other members of our Academy.

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Guidelines-based Diagnosis and Treatment of Common Musculoskeletal Disorders

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## Day One: Pelvic Girdle / Clinical Reasoning using the ICF

### Content Summary

- Role of the International Classification of Functioning in clinical reasoning
- Pelvic girdle anatomy and evidence as it relates to examination and treatment
- Movement analysis and reeducation for standing and sitting-related activities
- Pelvic girdle clinical findings interpretation
- Manual innominate and sacroiliac treatment procedures
- Lumbopelvic and hip region exercises and associated with movement reeducation and manual therapy

### Knowledge to Review/Acquire Prior to Class

1. Foundations of Guidelines-based MSK Care: Classification in Rehabilitation – Low back pain subgroups
2. CPG Interactive Learning Module: Low Back Pain with Movement Coordination Impairments
3. CPG-related Procedure Options – Low Back Labs – Handout & Videos 5.1, 5.2, and 5.3
4. Exercise Patterns: Back pain with coordination deficits; Trunk & Hip/buttock abduction, external rotation, & extension strengthening exercises

### Selected References

Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ. What low back pain is and why we need to pay attention. *The Lancet*. 2018;391:2356-67.

Buchbinder R, van Tulder M, Oberg B, Costa LM, Woolf A, Schoene M, Croft P, on behalf of the Lancet Low Back Pain Series Working Group. Low Back Pain: a call for action. *The Lancet*. 2018;391:2384-88.

Foster NE, Anema JR, Cherkin D, Chou R, Cohen SP, Gross DP, Ferreira PH, Fritz JM, Koes BW. Low back pain 2 Prevention and treatment of low back pain: evidence, challenges, and promising directions. *The Lancet*. 2018;391:2368-83.

Godges JJ, Varnum DR, Sanders KM. Impairment-based examination and disability management of an elderly woman with sacroiliac region pain. *Phys Ther*. 2002;82:812-821.

### Procedure Focus

#### Movement Analysis & Reeducation

- Standing Sagittal Plane - Superior/Inferior - Pelvic Symmetry
- Standing Sagittal Plane - Anterior/Posterior - Pelvic Symmetry
- Lateral Pelvic Movements - sitting weight shift

#### Examination Procedures

- March Test – Posterior and Anterior Rotation of the Innominate
- PSIS/ASIS Palpation for Symmetry
- Sacroiliac Ligament Provocation
  - Long Posterior Sacroiliac Ligament
  - Short Posterior Sacroiliac Ligament
  - Sacrospinous Ligament

#### Manual Therapy

- Innominate Inferior Translation Manipulation
- Sagittal Plane Isometric Mobilization
  - Innominate Isometric Mobilization (using hip flexors/extensors)
  - Innominate Isometric Mobilization (using hip adductors/extensors)
- Posterior Innominate Rotation
- Anterior Innominate Rotation

#### Exercise Training

- Sagittal Plane Innominate Self-correction
- Lateral Abdominal / Hip Abductor Strengthening and Coordination Training
- Thoracolumbar Fascia and Iliacus Stretching
- Lumbar Extension and Psoas Stretching
- Trunk Flexor/Abdominal and Hip Extensor Strengthening and Coordination Training

## **Day Two: Lumbar Spine / Low Back Examination - demystified**

### Content Summary

- Review and refine movement analysis, manual procedures, and exercise training practiced on day one
- Lumbar spine anatomy and as it relates to segmental mobility examination and treatment
- Movement analysis and reeducation for bending-related activities
- Interpret low back clinical findings consistent with the ICF-based clinical guidelines
- Lumbar spine segmental mobility examination and manipulative procedures
- Low back, trunk and pelvic region exercises associated with the diagnostic classifications

### Knowledge to Review/Acquire Prior to Class

1. Foundations of Guidelines-based MSK Care: Lumbar Spine and Pelvis - Foundational Kinesiology
2. CPG Interactive Learning Module: Low Back Pain with Mobility Deficits
3. CPG-related Procedure Options – Low Back Labs – Handout & Videos 5.6 and 5.7
4. Exercise Patterns: Back mobility exercise; Hip extension exercises

### Selected References

Delitto A, Erhard RE, Bowling RW. A treatment-based classification approach to low back syndrome: identifying and staging patients for conservative treatment. *Phys Ther.* 1995;75(6):470-485

Delitto A, George SZ, Van Dillen L, Whitman JM, Sowa G, Shekelle P, Denninger TR, Godges JJ. Low back pain: a clinical practice guideline linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the American Physical Therapy Association. *J Orthop Sports Phys Ther.* 2012;42(4): A1-A57

George SZ, Fritz JM, Silfies SP, Schneider M, Beneciuk JM, Lentz TA, Gilliam JR, Norman KS. Interventions for the Management of Acute and Chronic Low Back Pain: Revision 2021. Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Academy of Orthopaedic Physical Therapy of the American Physical Therapy Association. *J Orthop Sports Phys Ther.* 2021;51(11):CPG1-CPG60.

Godges JJ, Norman KS, George SZ, Fritz JM, Silfies SP, Schneider M, Beneciuk JM, Lentz TA, Gilliam JR. Low back pain decision tree. *Orthopaedic Practice.* 2022;34:262-267.

### Procedure Focus

#### Movement Analysis

Standing Transverse Plane - Internal Rotation/External Rotation - Pelvis & Hip Symmetry  
Lumbar Sidebending Movement / Pain Relationships  
Lumbar Spine, Pelvic Girdle, and Lower Extremity Coordination with Bending Movements

#### Examination Procedures

Transverse Plane Examination (ASIS Compression/Distraction)  
Hip Rotational Mobility Examination  
Lumbar Sidebending and Quadrant Overpressures  
Unilateral PAs  
Transverse Process Assessment in Flexion & Extension

#### Manual Therapy

Soft Tissue Mobilization and Contract/Relax Stretching  
Posterior Gluteus Medius Myofascia  
Multifidi/Segmental Myofascia  
Spinal Mobilization/Manipulation  
Lumbopelvic Region Manipulation  
Lumbar Sidebending/Rotation in Neutral  
Lumbar Sidebending/Rotation in Extension

#### Exercise Training

Transverse Plane Innominate Self-correction  
Hip Internal Rotation Stretching  
Hip External Rotation / Piriformis Stretching  
Lumbar Rotation Self-Mobilization

## **Day Three: Lumbar Manipulation / Low Back Pain - diagnosis and management**

### Content Summary

- Review and refine movement analysis and manual procedures practiced on day two
- Lumbar spine anatomy and evidence as it relates to disc and nerve-related disorders
- Review/integrate trunk/pelvis/hip movement analysis and reeducation for functional activities
- Discussion on somatic, referred, and radicular low back pain
- Refinement of lumbar manipulative procedures
- Identification of risk for low back-related long-term chronic pain and disability

### Knowledge to Review/Acquire Prior to Class

1. Foundations of Guidelines-based MSK Care: Somatic Pain, Somatic Referred Pain, Radiating Pain
2. CPG Interactive Learning Modules: Low Back Pain with Related (Referred) Lower Extremity Pain  
Low Back Pain with Radiating Pain
3. CPG-related Procedure Options – Low Back Labs – Handout & Videos 5.5 and 5.8
4. Exercise Patterns: Back pain with related leg pain – Lateral shift & LB Extension exercises  
Back pain with radiating pain – Back, hamstring, & nerve mobility ex's, Hip ER/Piriformis stretching

### Selected References

George SZ. Characteristics of patients with lower extremity symptoms treated with slump stretching: a case series. *J Ortho Sports Phys Ther.* 2002;32:391-398.

O'Neill CW, Kurgansky ME, Derby R, Ryan DP. Disc stimulation and patterns of referred pain. *Spine.* 2002;27:2776-81.

### Procedure Focus

Movement Analysis - Motor Control, Strength, & Endurance

Trunk Flexors/Abdominals

Trunk Sidebenders/Lateral Abdominals

Trunk Extensors/Erector Spinae

Trunk Rotators/Multifidi-Transverse Abdominis-Internal/External Obliques

Examination Procedures

Repeated Movements Examination

Sciatic Nerve Tension Testing

Lower Quarter Neurological Status Exam

Slump Test

Manual Therapy

Soft Tissue Mobilization

Thoracolumbar Fascia

Multifidi/Segmental Myofascia

Psoas

Spinal Mobilization/Manipulation

Lateral Shift Correction

Lumbopelvic Region Manipulation

Lumbar Sidebending/Rotation in Neutral

Lumbar Sidebending/Rotation in Extension

Lumbar Sidebending/Rotation in Flexion

PAs in Combined Movements - Extension

PAs in Combined Movements - Flexion

Exercise Training

Trunk Motor Control, Strength, and Endurance Training