

April 13-15, 2012

Name: \_\_\_\_\_ Profession: \_\_\_\_\_ PT License # \_\_\_\_\_

Home Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Waiver of Liability: I \_\_\_\_\_, release from liability Carrie Hall, Movement Systems Physical Therapy, P.S., and any lab assistants for any injury incurred at this course held on April 13-15, 2012.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Send registration and \$75 non-refundable deposit made payable to Movement Systems Physical Therapy by March 30, 2012: 3221 Eastlake Ave. Seattle, WA 98102

Featuring Carrie Hall, PT, MHS

Course Address

3221 Eastlake Ave

Seattle, WA 98102

Questions?

Phone: 206-405-1864

Fax: 206-405-4376

Email: info@movementsystemspt.com

Registration and tuition due by :

03/30/12

MOVEMENT SYSTEMS  
PHYSICAL THERAPY, P.S.

REGISTRATION  
INFORMATION

Lumbopelvic-Hip Complex  
Diagnosis and Management

Course Tuition: \$399

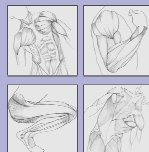
15 Contact hours/1.5 CEU's

Send tuition to: Movement Systems  
Physical Therapy, P.S.

3221 Eastlake Ave East  
Seattle, WA 98040

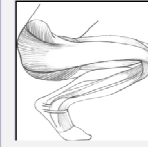
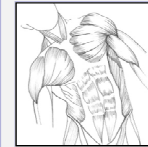
206-405-1864

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus deposit fee of \$75 are provided until 14 business days prior to the course date. MSPT reserves the right to cancel this course and will not be responsible for any charges incurred by the registrant due to cancellation. Full tuition will be refunded if MSPT cancels the course.



Register online at  
[www.movementsystemspt.com](http://www.movementsystemspt.com)

MOVEMENT SYSTEMS PHYSICAL THERAPY, P.S.  
PRESENTS



Lumbopelvic-Hip Complex  
*Diagnosis and Management*

A lab course

Featuring

CARRIE HALL, PT, MHS

April 13-15

15 Contact Hours/1.5 CEU's

\$399

Location:

MOVEMENT SYSTEMS  
PHYSICAL THERAPY, P.S.

3221 Eastlake Ave.  
Seattle, WA 98102  
206-405-1864

[www.movementsystemspt.com](http://www.movementsystemspt.com)

## About the Instructor

**Carrie Hall, PT,**  
**MHS** is President  
of Movement  
Systems Physical  
Therapy, P.S. in  
Seattle, WA.



She has taught continuing education courses in the U.S. and Canada since 1983. Much of her career has been devoted to teaching Dr. Shirley Sahrman's concepts of movement impairment diagnosis and treatment. She is co-author of "Therapeutic Exercise: Moving Toward Function," and uses this knowledge in teaching therapeutic exercise prescription for movement impairment syndromes to patients, physical therapists, and exercise providers in the wellness industry. Carrie expands upon Dr. Sahrman's work with evidence based theories and concepts in exercise science and kinesiology as well as clinical expertise that Carrie has developed since 1983.

## Course Description

*This course will provide a brief review and update of the concepts and principles of the movement system balance theory and its relationship to musculoskeletal pain syndromes of the lower quarter. The course will include both lecture and lab experience. It is designed to improve clinical skills in the performance of specific examination procedures and identification of key tests necessary for diagnosis of low back and hip movement impairment syndromes. The course will also emphasize the selection and performance of corrective exercises based upon the diagnosis. Upon completion of this course the participant should be able to*

- Perform a detailed MSI examination for the low back and LQ.
- Develop a MSI diagnosis for the low back and hip complex.
- Develop a corrective exercise program for the trunk and lower quarter, and provide instruction in correcting daily activities.
- Utilize appropriate ancillary taping techniques for the trunk and LQ.

## Course Schedule

**Schedule—15 contact hours/1.5 CEU's\***

### **Friday, April 13, 2012**

1:30—2:00	Registration
2:00—3:30	Review of principles and concepts
3:45— 5:00	Demonstration of the low back exam
5:00— 6:00	Lab: Practice of specific low back tests

### **Saturday, April 14, 2012**

8:30-9:30	Low back diagnoses and intervention
9:30—11:00	Lab: Small group practice of the exam
11:15—12:30	Lab: Demonstration and practice of selected exercises
1:30- 2:30	Hip medical diagnoses and movement impairment syndromes
2:45— 4:00	Demonstration of LQ exam
4:00— 5:00	Lab: Specific tests of the hip complex

### **Sunday, April 15, 2012**

8:30— 10:00	Lab: Small group practice of the exam
10:00—11:30	Lab: Demonstration and practice of selected exercises
11:30—12:15	Lab: Taping techniques
12:15—12:30	Discussion and wrap-up

\* In order to focus on lab for this course, pre-assigned reading will be required to prepare for the abbreviated lectures. Reading assignments will be sent via registration confirmation.