Treatment of the Lumbar Spine
A Non-Operative Approach

OCTOBER 16–17, 2015
Hospital for Special Surgery | New York City

Provided by HOSPITAL FOR SPECIAL SURGERY
Office of Continuing Medical Education and the Department of Rehabilitation

LIVE STREAMING also available
This activity has been approved for Physical Therapy Contact Hours; pending approval for Physical Therapy CCUs.
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LOCATION
Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, New York, NY 10021

LIVE STREAMING also available

STATEMENT OF NEED
Patients suffering from lumbar spine disorders make up one of the largest populations seeking healthcare services. These pathologies are highly prevalent across all age groups and physical therapists must have current, evidence-based knowledge and advanced skills to provide superior care to this challenging population. Integrated knowledge and a proper understanding of anatomy, biomechanics, age-related pathophysiology, red flags, differential diagnosis and core stabilization techniques are essentials for any clinician managing the lumbar spine. This activity’s lecture and lab components prepare clinicians to more effectively treat lumbar spine disorders.

TARGET AUDIENCE
This activity is targeted to physical therapists and physical therapist assistants.

LEARNING OBJECTIVES
HSS professional education activities are intended to improve the quality of patient care and safety. At the completion of the course, the participant should be able to:

- Identify pertinent anatomy and biomechanics related to the core and lumbar spine.
- Describe age-specific pathophysiology of the lumbar spine.
- Select appropriate movement screens in evaluating for spine pathology.
- Implement special tests for the lower quarter that are used in differential diagnosis of spine pathology.
- Recognize red flag findings and their use in differential diagnosis of spine pathology.
- Discuss treatment algorithms for lumbar spine disorders.

ACCREDITATION AND CREDIT DESIGNATION
Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for 12.0 Contact Hours onsite and 9.0 online. This activity is pending approval in Maryland, New Jersey and Florida. The following states require continuing education units with no state-specific approval: CT, DE, IA, ID, MO, MT, NC, ND, NE, OR and WA.

This activity is pending approval for CCUs by the Federation of State Boards of Physical Therapy (FSBPT) and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The CCU amount will be determined by the FSBPT. The physical therapy boards in the following states currently accept the FSBPT certification: AL, AR, AZ, CA, DE, Washington DC, GA, IN, KS, KY, MT, NE, NC, OR, SC, TN, UT, VA and WI.

SPECIAL NEEDS
Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

FINANCIAL DISCLOSURE
In accordance with the Accreditation Council for Continuing Medical Education’s Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the relevant financial relationships.

FOR MORE
Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.
## Activity Agenda

### Friday, October 16, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Faculty</th>
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<tbody>
<tr>
<td>8:30 am</td>
<td>Breakfast/Registration</td>
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<tr>
<td>8:55 am</td>
<td>Opening Remarks</td>
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<tr>
<td>9:00 am</td>
<td>Anatomy and Biomechanics</td>
<td>Hector Lozada, PT, DPT, MCMT, CKTP</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Pathophysiology of the Developing Spine</td>
<td>Varsha Seemangal, PT, DPT, MST</td>
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<tr>
<td>10:00 am</td>
<td>Pathophysiology of the Mature/Adult Spine</td>
<td>Dana Rose, PT, DPT, OCS</td>
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<tr>
<td>10:30 am</td>
<td>Pathophysiology of the Senior/Degenerative/Aged Spine</td>
<td>Erin Singleton, PT, DPT, OCS</td>
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<tr>
<td>11:00 am</td>
<td>Q&amp;A</td>
<td>Panel Discussion</td>
</tr>
<tr>
<td>11:40 am</td>
<td>Biomechanical Examination</td>
<td>Erin Corbo, PT, DPT, OCS, CKTP</td>
</tr>
<tr>
<td>12:25 pm</td>
<td>Lumbosacral Radicular or Referred Pain</td>
<td>James F. Wyss, MD, PT</td>
</tr>
<tr>
<td>12:45 pm</td>
<td>Red Flags in the Lower Quarter Examination</td>
<td>Matthew Pugliese, PT, DPT, OCS, MTC, Cert MDT, SFMA</td>
</tr>
<tr>
<td>1:15 pm</td>
<td>Q&amp;A</td>
<td>Panel Discussion</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Lunch* (on your own)</td>
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<tr>
<td>2:30 pm</td>
<td>Why Making the Diagnosis Matters</td>
<td>Jonathan S. Kirschner, MD, RMSK</td>
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<tr>
<td>2:50 pm</td>
<td>Differential Diagnosis: Lumbopelvic Region</td>
<td>Peter J. Moley, MD</td>
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<tr>
<td>3:10 pm</td>
<td>Biologics: Changing Biology</td>
<td>Gregory E. Lutz, MD</td>
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<tr>
<td>3:30 pm</td>
<td>Conventional Spine Procedures and What’s New on the Horizon</td>
<td>HSS Faculty</td>
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<tr>
<td>3:50 pm</td>
<td>Imaging of the Spine</td>
<td>Eric Bogner, MD</td>
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<tr>
<td>4:10 pm</td>
<td>Pain Management</td>
<td>Seth A. Waldman, MD</td>
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<tr>
<td>4:30 pm</td>
<td>Q&amp;A</td>
<td>Panel Discussion</td>
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<tr>
<td>4:50 pm</td>
<td>Adjourn*</td>
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### Saturday, October 17, 2015

<table>
<thead>
<tr>
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<td>Opening Remarks</td>
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<tr>
<td>9:00 am</td>
<td>The Functional Lumbar Screen</td>
<td>Jason Mayerhofer, PT, MSPT, MTC, CSCS, SFMA</td>
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<tr>
<td>9:30 am</td>
<td>Developing a Treatment Algorithm</td>
<td>Jaime Edelstein, PT, DScPT, OCS, COMT, CSCS</td>
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<tr>
<td>10:15 am</td>
<td>Exercise Prescription in the Lumbopelvic Region</td>
<td>Scott Siverling, PT, OCS</td>
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<tr>
<td>11:00 am</td>
<td>Q&amp;A</td>
<td>Panel Discussion</td>
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<tr>
<td>11:20 am</td>
<td>Break*</td>
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<tr>
<td>11:40 am</td>
<td>The Lumbar Examination – Demonstration</td>
<td>Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT</td>
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<tr>
<td>12:10 pm</td>
<td>Break &amp; Travel to Lab Session Location*</td>
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<tr>
<td>12:25 pm</td>
<td>The Lumbar Examination – Lab Session</td>
<td>HSS Faculty</td>
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<tr>
<td>1:05 pm</td>
<td>Lunch* (on your own)</td>
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<tr>
<td>2:05 pm</td>
<td>Lab I (Onsite attendees choose one lab session.)</td>
<td>Incorporating Mat Based Yoga Exercises</td>
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<tr>
<td>2:50 pm</td>
<td>Differential Diagnosis: Lumbopelvic Region</td>
<td>Jason Mayerhofer, PT, MSPT, MTC, CSCS, SFMA</td>
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<tr>
<td>3:10 pm</td>
<td>The Stiff Back</td>
<td>Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT</td>
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### Notes

*Not designated for credit.
Faculty and agenda subject to change.
Program Faculty

ACTIVITY CO-DIRECTORS

Jason Mayerhofer, PT, MSPT, MTC, CSCS, SFMA
Advanced Clinician
Physical Therapy Affiliated with Hospital for Special Surgery

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Hospital for Special Surgery

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Clinical Supervisor
Spine Therapy Center
Hospital for Special Surgery

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Associate Attending Radiologist
Associate Professor of Clinical Radiology
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Attending Physician
The Medical Center of Princeton

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Advanced Clinician
Integrative Care Center

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Joint Mobility Center

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Associate Professor of Clinical Rehabilitation Medicine
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Assistant Professor of Clinical Rehabilitation Medicine
Weill Cornell Medical College

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Integrative Care Center

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Assistant Attending Physiatrist
Assistant Professor of Clinical Rehabilitation Medicine
Weill Cornell Medical College

Seth A. Waldman, MD
Director, Division of Pain Management
Assistant Attending Anesthesiologist
Clinical Assistant Professor of Anesthesiology
Weill Cornell Medical College

HSS PROGRAM COORDINATOR

Melody Mokhtarian
Marketing and Events Coordinator
Professional Education
Education & Academic Affairs
WAYS TO REGISTER

Register and pay online at www.hss.edu/cme.

Register by mail using the registration form.

Payment By Mail
Make check payable to:
Hospital for Special Surgery

Mail registration form to:
Hospital for Special Surgery
Professional Education Department
Education & Academic Affairs
535 East 70th Street
New York, NY 10021

Confirmations
All registered participants will receive a confirmation via email.

Refund Policy
A handling fee of $75 is deducted for cancellation. Refund requests must be received by mail one week prior to the course. No refund will be made thereafter.

For More Information Please Contact
Melody Mokhtarian
Marketing and Events Coordinator
Professional Education
Education & Academic Affairs
Hospital for Special Surgery
Tel: 212.606.1812
Email: mokhtarianm@hss.edu

Parking & Accommodations
For information on parking and accommodations, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory.

Local accommodations are limited and early reservations are recommended.

Transportation
Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.
Bus: M72, M31 stop at East 69th Street and York Avenue.
Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue.
Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

Please note: This program may be recorded, filmed or photographed. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational, or other), in any medium, and without remuneration of any kind to you.

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Program Registration
Treatment of the Lumbar Spine
A Non-Operative Approach
OCTOBER 16–17, 2015

PLEASE PRINT LEGIBLY

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Credit Card # | Exp. Date
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Signature

☐ Check here to receive the HSS RehabLink eNewsletter for professionals.

Lab Sessions
SATURDAY, OCTOBER 17 (onsite attendees only)
Every effort will be made to accommodate your choices. Space is limited in each session and will be allocated on a first-come, first-serve basis.

Lab I (Rank your first, second and third preference.)
☐ Incorporating Mat Based Yoga Exercises
☐ Identifying Individual Movement Pattern Dysfunctions
☐ Finding Stability
☐ The Stiff Back

Lab II (Rank your first, second and third preference.)
☐ Incorporating Mat Based Pilates Exercises
☐ Identifying Individual Movement Pattern Dysfunctions
☐ Finding Stability
☐ The Stiff Back

How did you hear about this course?
☐ Print Brochure ☐ Email Blast ☐ HSS Website ☐ Journal Advertisement
☐ LinkedIn Ad ☐ Recommendation ☐ Google Ad ☐ Other___________

Registration Fees
Registration fees include breakfasts for onsite participants, online access to lecture handouts, and credits. All registered participants will receive a confirmation via email.

Rehabilitation Network members receive an exclusive 20 percent discount.

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<thead>
<tr>
<th>EARLY BIRD RATE</th>
<th>REGULAR RATE</th>
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<tbody>
<tr>
<td>Registration closes 9/18 at 5 pm</td>
<td>Registration closes 10/14 at 5 pm</td>
</tr>
<tr>
<td>Onsite</td>
<td>$475 (Network $380)</td>
</tr>
<tr>
<td>Live Streaming</td>
<td>$275 (Network $220)</td>
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For day-of registration for the onsite course, add $75 to the appropriate category above (available only if space permits – please call first).

Please note: Registration will not be processed unless accompanied by payment.