

Integrative Manual Approach to Low Back /Pelvic Pain and Dysfunction - Presented by Jay Sandweiss, DO

At Moore Sports Therapy and Rehabilitation

4218 Arendell Street, Suite M, Morehead City, NC 28557

Saturday, August 5, 2017 (8:30 am - 5:00 pm) • Sunday, August 6, 2017 (8:30 am - 4:00 pm)



Jay Sandweiss, DO, has been teaching health related courses since 1979. His audiences have included medical doctors, osteopathic physicians,

chiropractors, physical therapists, acupuncturists, massage therapists, registered nurses, and other health professionals. He has taught nationally and internationally for the American Back Society, the American Academy of Medical Acupuncture, American Academy of Osteopathy, and the American Academy of Integrative Pain Management. Dr. Sandweiss is board certified by the American Osteopathic Association in Neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture by the American Board of Medical Acupuncture. Dr. Sandweiss is extensively trained in the fields of Osteopathy, Applied Kinesiology, Applied Nutrition and Chinese Medicine.

In teaching his seminars, Dr. Sandweiss has the ability to integrate a wealth of information into a focused, practical model. Participants of Dr. Sandweiss' courses enjoy the relaxed and playful atmosphere that he brings to the learning experience. His reputation as a truly gifted teacher is well deserved.

Dr. Sandweiss currently maintains a wellness-oriented osteopathic medical practice in Ann Arbor, Michigan.

Contacts and information:

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seminar

Low back pain is one of the most frequent complaints in primary care medicine. Pelvic and low back pain result in enormous costs to our society in terms of lost work hours, lost productivity, and billions of health care dollars. This is all in addition to the devastating effects on the quality of life for patients and their families. The majority of cases are not surgical in nature. Often the etiology of back pain is biomechanical and related to disturbances in the musculoskeletal system. Common examples are disorders of the muscles, fascia, ligaments, joints, discs, proprioceptors, posture and gait.

The field of manual medicine has evolved across time and is capable of offering many clinically relevant and useful procedures for evaluating and treating those disorders of the neuro-musculoskeletal system. Among these clinically effective modalities are: Strain/Counterstrain, Myofascial Release, Muscle Energy Technique, and Applied Kinesiology. In this weekend course participants will learn to utilize diagnosis and treatment modalities from these systems. Upon completion of the course attendees will have acquired numerous specific techniques for treating patients with pelvic and low back pain.

An algorithm of treatment will be presented which includes manual muscle testing, tender point analysis, trigger point analysis, motion testing, anatomical positional analysis and much more. Direct and indirect methods for treating dysfunctions will be demonstrated and practiced by all class participants. This class will be "hands-on" with considerable emphasis placed on practicing techniques with partners. Dr. Sandweiss will monitor the practice sessions and offer appropriate corrections and insights.

Course Content Summary: Low Back and Pelvis

- Principles and applications of Strain and Counterstrain
- Principles and applications of Myofascial Release
- Principles and applications of Muscle Energy Technique
- Principles and applications of Applied Kinesiology
- Artful muscle testing of muscles in the Low Back/Pelvis
- Review of the functional anatomy: Low Back and Pelvis
- Postural and motion analysis
- Clinical pearls for treating patients with back pain
- Hours of "hands-on" practice with a partner

Course details:

When:

Saturday, August 5, 2017 (9:00 am - 5:00 pm)

Sunday, August 6, 2017 (8:30 am - 4:00 pm) *Registration Saturday, August 5 at 8:30 am.

Where: Moore Sports Therapy and Rehabilitation

4218 Arendell Street, Suite M, Morehead City, NC 28557

Cost: \$600.00 includes a 2-day course, extensive handouts, snacks and certificate of completion.

Pre-requisite: A health care professional.

Intended Audience:

Physical Therapists, Osteopathic Physicians, Medical Doctors, Physical Therapy Assistants, Occupational Therapists, Athletic Trainers and Chiropractors.

14 hours CEU approved through the North Carolina Physical Therapy Association (NCPTA) for Course Number 17-016.