Learning Objectives

MedBridge
Evidence-Based Examination of the Lumbar Spine
Chad Cook, PT, PhD, MBA, FAAOMPT

Course Objectives:
Upon completion of this course, learners will be able to:

- Evaluate the economic impact of lumbar spine dysfunction. Consider the prevalence/incidence of low back pain and how this influences clinical practice. Debate our results and reasons for these results.
- Discuss the imperative patient history elements of a lumbar examination. Define which patient history components are affiliated with lumbar pathology. Discuss the most common forms of self report patient outcomes measures for lumbar pain.
- Identify the link between observation of posture and low back pain or dysfunction. Understand what certain postural elements associated with low back could mean.
- Identify the best tests used to diagnosis red flag conditions of the low back region. Compare and contrast different tests used for differential diagnosis.
- Synthesize the importance of the concordant/comparable sign, during examination. Compare and contrast the goals of the three primary phases of the initial examination.
- Evaluate the benefit of palpation as part of a dedicated clinical examination. Evaluate the benefit and types of manual muscle testing for the lumbar spine.
- Understand the language of diagnostic accuracy. Identify the most diagnostic low back oriented special tests. Apply the tests to the appropriate diagnoses.
- Demonstrate the most commonly used physical performance measures of the lumbar spine. Identify the utility of the physical performance measures of the lumbar spine.