Objectives

MedBridge

Lumbar Spine: Athletic Low Back Pain
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Course Objectives:
Upon completion of this course, learners will be able to:

• Categorize athletes into three treatment categories: flexion, extension and mobility/SI Joint Dysfunction
• Use appropriate tests for screening and diagnosis in the lumbar spine
• Provide treatment options and conduct functional movement screens for appropriate discharge testing based on the athletes treatment category
• Incorporate regional interdependence, motor control training, and manual therapy as different treatment modalities
• Explain how treatment based classification of the athlete differs from the general population
• Identify and implement appropriate tests for screening of the lumbar spine

Chapter 1: Treatment Based Classification
Dr. Kyle Kiesel discusses a modified treatment based classification model for the athlete. He discusses the differences in low back pain in athletes, as compared to the general population. In this chapter, the participant will be able to accurately classify athletes into one of three treatment categories. Based on these categories, the user will be able to conduct tests, provide treatment programs, and conduct appropriate discharge testing for their athlete.

Chapter 2: Medical Diagnosis
Dr. Todd Arnold discusses the medical diagnosis for athletes with back pain. He explains the importance of taking a detailed patient history, being sure to not skip over the signs and symptoms may be red flags for a young athlete. Dr. Arnold also explains the importance of referred pain and diagnostic tests. He covers the specificity and sensitivity of various tests for flexion, extension and mobility patients, as well as treatment and prognosis options. At the end of the chapter, Dr. Arnold provides imaging examples for the spine.

Chapter 3: Case Discussion: Soccer Player
In this chapter, Drs. Arnold and Kiesel walk through a case study of a soccer player using a live patient. The two team up to discuss both the medical and rehab considerations for a soccer player with low back pain. The patient presents with motor control dysfunction for spinal flexion and
positive Thomas and FABER tests and is classified in the mobility treatment category. The Dr. Kiesel discusses and demonstrates the treatment and outcomes of the patient.

Chapter 4: Post-Case: Lumbar Spine
Dr. Arnold and Kiesel discuss the case of an athlete that presents with low back pain and B pars stress injury without slippage, confirmed by an MRI scan. The patient’s pain is greater on the left side than the right side, and is painful in extension. In addition, there is breathing dysfunction and a negative straight leg raise test. Dr. Arnold discusses the medical treatment plan, and how it relates to the physical therapy treatment program. Once referred to physical therapy, Dr. Kiesel discusses his treatment approach, including diagnostic testing and discharge testing and expected outcomes.