

PTA PROGRAM 8th ANNUAL CLINICIAN APPRECIATION DAY
SPEAKER BIOS, SESSION DESCRIPTIONS & OBJECTIVES

Applying Selective Functional Movement Assessment Interventions to Promote Recovery of Function for Persons with Low Back Pain

James E. Arnone, PT, DPT, Cert MDT

Dr. Arnone earned a Bachelor's of Arts in Neuroscience degree from the University of Delaware and a Master and Doctor of Physical Therapy degree from Widener University. He earned his Mechanical Diagnosis and Therapy credential from the McKenzie Institute in 2005. He is certified in Selective Functional Movement Assessment (Level 1, 2015 and Level 2, 2016), and Functional Movement Screening (Level 1 and 2). He is a vestibular rehabilitation certified practitioner (American Institute of Balance), as well as in the Graston technique (M1). Dr. Arnone has twenty years of orthopedic clinical practice experience. His physical therapy practice focuses on movement based treatment of persons with orthopedic impairments. He is currently the lead therapist at Good Shepherd Penn Partners Penn Therapy and Fitness. Dr. Arnone has served in rehabilitation administrative roles, including clinic director, vice president and consultant. Dr. Arnone was an adjunct faculty member at Widener University for nine years, and he has presented to regional universities on topics including Functional Movement Assessment and Mechanical Diagnosis and Therapy.

Karen Havlicsek, PTA, BS

Karen Havlicsek earned an Associate of Science degree (Physical Therapist Assistant) from Harcum College and a Bachelor of Science degree from Drexel University. Ms. Havlicsek is employed full-time as a senior Level I PTA at Good Shepherd Penn Partners Penn Therapy and Fitness. Ms. Havlicsek's clinical practice focuses on the treatment of persons with orthopedic impairments, supporting physical therapists in the application of interventions based in the theory of Selective Functional Movement Assessment and Mechanical Diagnosis and Therapy. Ms. Havlicsek has eight years of clinical experience as a PTA, and participates in PTA clinical education through service as a clinical instructor. Ms. Havlicsek has presented regionally and nationally at CSM. She is co-author of research published in Journal of Orthopaedic and Sports Physical Therapy.

Course description:

This course provides the attendee with an introduction to the Selective Functional Movement Assessment approach for the treatment of persons with low back pain. Back pain is a leading cause of disability, activity limitation and absenteeism from work. Evidence demonstrates the benefit of physical therapy using a treatment based classification system; the Selective Functional Movement Assessment approach may be incorporated within certain treatment classification categories. This course includes a review of pertinent anatomy and a discussion of the theory of regional interdependence and its relevance to movement system disorders and the treatment of low back pain. The instructors will use a PT/PTA based team approach to introduce the theory of Selective Functional Movement Assessment, and they will describe the evaluation and assessment process and how to select and apply appropriate treatment interventions. This session introduces attendees to the varied techniques used to observe a patient's movement patterns, with an emphasis on recognizing aberrant motions. The instructors will discuss ways to differentiate motor control issues from mobility dysfunction, and how to select interventions that target the underlying impairment. The session includes a summary of the contemporary evidence related to the Selective Functional Movement Assessment approach. The instructors will provide practical intervention techniques and patient education techniques that promote patient self-management of low back pain, incorporating the tenants of Selective Functional Movement Assessment approach.

Objectives:

The participant will be able to:

- Describe techniques used to observe a person's movement pattern
- List the key factors that differentiate dysfunctional patterns from functional patterns
- Describe at least three ways to distinguish mobility dysfunction from a motor control issue in a person presenting with aberrant movement patterns
- Describe regional interdependence

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- Discuss 3 ways that regional interdependence could potentially impact mobility/create a movement dysfunction
- Given a clinical scenario or presentation, select appropriate interventions for common mobility and motor control dysfunction
- Describe proper squat, lift, and carry techniques
- List three specific strategies a physical therapy clinician can use when training a patient to use proper form to improve form, compliance and functional carry over