

## Registration Form: Conquering Lumbar, SIJ Pain & Radiculopathy

Course Location \_\_\_\_\_  
Name \_\_\_\_\_  
Credentials: (circle) PT PTA DO MD ATC  
Address: \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

E-mail \_\_\_\_\_

\*Note: Avail does NOT solicit or share ANY contact information---  
your privacy is protected.

**Registration Fee: \$495** if registered two (2) weeks prior to event. **Late registration** within two (2) weeks of event requires a fee is \$525.

Method of Payment (circle form of payment)

**Check**

**Visa**

**Mastercard**

Check or Card# \_\_\_\_\_ Card Exp Date \_\_\_\_\_

Credit card statements will show Avail Consulting, Inc.

Make checks available to and mail to:

Avail Consulting, Inc.  
7000 South Ave. Suite 7  
Boardman, Ohio 44512

\*\*\*\***PLEASE NOTE THE FOLLOWING:** Seating may be limited at some locations; therefore we encourage **early registration** to ensure seat and avoid late registration fee.

Avail Consulting, Inc. or its speakers may refuse attendees for any reason at any time or cancel a course within 14 days before the scheduled course.

Upon registration, attendees will receive confirmation and hotel information via standard mail and e-mail.

Refunds will be given less a \$75 processing fee for cancellations less than 7 days prior to the course

Course is approved in all states where offered.  
Call otherwise.

**Inquiries: Call 330-629-8834**

**Fax registration to: 330-629-9362**

## Course Objectives

Upon completion of the course, attendees should:

Be able to distinguish and easily classify lumbar and true sacroiliac joint syndrome problems, as well as combined impairments in your patients.

Know & implement specific corrective therapeutic and alleviation exercises for your patient to help reverse their key signs and symptoms to **promote rapid change.**

Know clinical predictions rules to guide you to the starting point of treatment--but also understand where to go from there.

Understand what processes and procedures to apply to cluster signs to make notable and fast improvements – **at times, you will see astonishing changes!**

Put to use a variety of manual, mobilization, and manipulative techniques to address pain, joint dysfunction, disc derangement and mobility impairment.

Know how to properly progress a patient to prevent regression from overstraining and reduce future recurrence.

Understand how to think and act as the patient's primary care musculoskeletal manager--not just a therapist who repeats the same exercise protocols with patients.

Better understand "stabilization"--discover that what you're doing may be totally inappropriate for handling your patients. You'll learn the truth and what is 'mythical' about stabilization.

Have a documentation system, techniques, & strategies to help you quickly and successfully help the vast majority of your back pain patients upon returning to work.

## Conquering Lumbar, SIJ Pain & Radiculopathy.

with Michael Rinaldi, PT, OCS

The Evidence & Reality on  
Effectively Treating  
Back Pain  
and Getting Better Results.

### Limited 2010 Schedule!

- ✓ Wooster, OH..... Nov 5-6
- ✓ Warren, OH..... TBA

Go to [www.AvailConsultingInc.com](http://www.AvailConsultingInc.com) for more information



## Course Overview

Even with over 1000 published controlled clinical trials in the past decade, low back pain is still widely pervasive, misunderstood, and considerably mismanaged by many clinicians.

New fads and trends in diagnostics, exercise, & treatment have come, but the epidemic problem of back pain persists. Despite these and other efforts, patients continue to have recurrent problems, and successful treatments have not advanced enough to curb the dilemma.

This course presents recent relevant research and authoritative evidence that supports efficacious treatment of the various expressions of LBP, radiculopathy, and sacroiliac joint syndrome.

## As A Result of This Course You Should...

Be improved in your ability to treat back pain, sacroiliac dysfunction & radiculopathy, as you...

- Learn exam processes to differentiate between lumbar, sacroiliac, radiculopathy with higher certainty.
- Learn a variety of manual mobilization & manipulation techniques to help **speed progress!**
- Find out how to correctly match specific exercises with impairments in order to reduce pain, recover lost strength, and correct motion disorders for **improved outcomes!**
- Understand the clinical prediction rules, their usefulness and limitations in the context of clinical treatment.
- Learn treatment strategies & processes that will help you get your patient started correctly.
- Know the real story of 'lumbar stabilization'—Is it clinical truth or urban legend? This alone is worth the tuition.
- Learn how to sequence your treatment strategy efficiently for **maximum effect with least effort!**
- See how to efficiently identify cluster signs that are **the key to understanding** the context of the patient's affliction—they are often times like a poker player's 'tell' signs.
- Come to a better understanding of just what you are doing with exercise and how to make that component of your patient management even better.

## Course Agenda: Day One

- ✓ Overview of Evidence-Based Medicine: What it is & How to Apply it to Low Back Pain.
- ✓ Which Tests to Use & Why to **Gain Maximum Certainty**
- ✓ Clinical Prediction Rules and Treatment Based Classification Schemes. Do They Really Work? If so, how can you use them?
- ✓ The Centralization Phenomenon “2.0”: A Hidden Feature to help in Assessment, Prognosis, Progression & Compliance.
- ✓ Centralization vs. Instability vs. Stenosis vs. Dysfunction vs. Sacroiliac: Which One Is It?
- ✓ Process Mapping/Flow Sequences to Guide in the Assessment and Treatment of Various Presentations.
- ✓ Examination Sequence in WB and NWB: Eliciting the Most Information with Least Effort Using Reliable, Specific, & Sensitive Tests
- ✓ Cluster Signs That Point Toward the Source of the Problem
- ✓ Lab: Testing Sequences for the Low Back and Sacroiliac.

## Course Agenda: Day Two

- ✓ Review of Examination/Evaluation Process
- ✓ Manual Therapy Lab: Lumbo-Pelvic Mobilization & Manipulation and Soft Tissue Treatment to Help Speed Progress
- ✓ Prescriptive Exercises for Pain Relief & Reversion of Key Cluster Signs & Therapeutic Exercise Fundamentals for Use in the Rehab Process
- ✓ The Myth of Lumbar Stabilization
- ✓ Treatment Proposals: Where You Should Start & How to Advance
- ✓ Tissue Loading and Patient Progression Using Key Benchmarks and a Proper Documentation System
- ✓ Modalities/Biophysical Agents of Use, including traction.
- ✓ Vignettes & Case Reviews

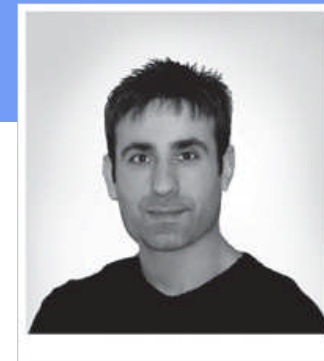
This is NOT a bio-mechanics course or review of things you should already know, but a “How-To” course on assessing and treating the various presentations of low back pain, SIJ dysfunction, and radiculopathy.

The course is complete with lecture, lab, training drills, theory & application, case reviews, and documentation. **Requirements for the course:** Attendees should wear loose, comfortable clothing, and come with an open mind and excitement to learn!

**Disclaimer:** This course contains mobilization and manipulation instruction. It is the responsibility of attendees to assume risk for their own participation in this part of the course. Delivery and receiving of manual techniques at the course is voluntary and as such Avail Consulting, Inc. assumes no liability for any injuries sustained by an attendee who wishes to participate of their own accord.

## The Instructor:

Michael Rinaldi, PT, OCS is a 1993 graduate of Ohio University and a Board Certified Orthopedic Clinical Specialist. He is highly regarded as a very **capable, reliable and trusted** orthopedic clinician in his area. Since May 2000 he has successfully run his own orthopedic private practice based on the ability to get results—despite widespread physician-owned and hospital-based clinics in his area. He is presenting information that he discovered and developed in his practice which has helped him conquer low back, radiculopathy, and sacroiliac joint pain.



## “Conquering Low Back Pain” Course Schedule Nov 2010

Nov 5-6.....Wooster, OH

Tuition: \$495

...and well worth it!

Includes manual, CEUs & DVD  
guide with tests, treatment  
techniques, and other  
important data.