Proposed schedule for Lower Quarter Bundle Package

Saturday June 10, 2023 (6.5 hours of learning)

|  |  |
| --- | --- |
| Time | Topic |
| 9am-10:30am | MSI Intro Lecture (Shirley) |
| 10:30-10:45am | Break |
| 10:45am-12pm | Alignment and trunk forward bending patterns (Nancy) |
| 12pm-1pm | Lunch |
| 1pm-2pm | Lumbar Syndromes Lecture (Nancy) |
| 2-3:30pm | Pre-recorded lumbar case (Shirley) |
| 3:30-3:45pm | Break |
| 3:45-5pm | Live demonstration on a subject and treatment (Shirley) |

Sunday June 11, 2023 (6.5 hours of learning)

|  |  |
| --- | --- |
| Time | Topic |
| 9am-10:30am | Hip and Back Interactions Lecture (Nancy) |
| 10:30-10:45am | Break |
| 10:45am-12pm | BREAKOUT ROOMSPre-recorded video lumbar case. Participants need to state findings of the test and come up with Lumbar Dx. |
| 12pm-1pm | Lunch |
| 1pm-2:30pm | Live demonstration on Suzy (Shirley) and discuss treatment |
| 2:30-2:45pm | Break |
| 2:45-4:15pm | Live demonstration (Shirley) and discuss treatment |
| 4:15-5pm | Abbreviated Examination and Q&A (Nancy, Suzy, Shirley) |

Tuesday, July 18, 2023 WEBINAR

6pm central time: Evidence for MSI, 1.5 hour Zoom webinar with Dr. Shirley Sahrmann

Tuesday, August 15, 2023 WEBINAR

6pm central time: Lumbar MSI case study #1, 1.5 hour Zoom webinar with Dr. Nancy Bloom & Dr. Shirley Sahrmann

Tuesday September 19, 2023 WEBINAR

6pm central time: Lumbar MSI case study #2, 1.5 hour Zoom webinar with Dr. Nancy Bloom & Dr. Shirley Sahrmann

Saturday September 30, 2023 (6.5 hours of learning)

|  |  |  |
| --- | --- | --- |
| Time | Onsite | Virtual |
| 9am-9:15am | Introduction | Same |
| 9:15-10:30am | Hip lecture, structure and function | Same |
| 10:30-10:45am | Break | Break |
| 10:45-11:30am | Femoral MSI Syndromes lecture | Same |
| 11:30am-12:30pm | Demonstration of hip specific tests | Same |
| 12:30pm-1:30pm | Lunch provided | Lunch on your own |
| 1:30pm-2:45pm | Demonstration of a complete hip exam | Same |
| 2:45-3pm | Break | Break |
| 3-3:45pm | Hip MSI Syndromes lecture  | Same |
| 3:45-5pm | Hands on lab  | Breakout room |

Sunday October 1, 2023 (6.5 hours of learning)

|  |  |  |
| --- | --- | --- |
| Time | Onsite | Virtual |
| 9am-10:30am | Demonstration of subject with back pain, develop and instruct treatment program (small groups) | Breakout room |
| 10:30-10:45am | Break | Break |
| 10:45am-12:15pm | Demo of subject with hip or back pain, develop and instruct treatment program (small groups) | Breakout room |
| 12:15-1:15pm | Lunch provided | Lunch on your own |
| 1:15-2pm | Movement Spectrum lecture | Same |
| 2-3pm | Demo of subject with hip or back pain, develop and instruct treatment program (small groups) | Breakout room |
| 3-3:15pm | Break | Break |
| 3:15-4:15pm | Connecting isolated, fundamental, integrated, and activity specific movements into treatment program | Same |
| 4:15-5pm | Discussion and Q&A | Same |