

Spinal Stabilization Exercises:

GETTING TO THE “CORE” OF NECK AND BACK PAIN

Friday, February 9, 2018

← **SNOW DATE:**
FEB. 15, 2018



LOCATION	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville NC 28803
DATE	Friday, February 9, 2018
REGISTRATION PROGRAM	8:00 am–8:30 am (<i>refreshments provided</i>) 8:30 am–3:45 pm (<i>lunch is provided</i>)
SNOW DATE	Thursday, February 15, 2018
Early registration fees through February 2, 2018.	
PROGRAM FEE	\$150.00
PTA OR OTA	\$135.00
STUDENT	\$75.00 (<i>must show student ID at check-in</i>)

SEATING LIMITED! Register early to reserve your seat.

FACULTY

Kate Hoppensteadt, MSPT, MMPT, COMT, earned her MS in Manipulative Physiotherapy from the University of Australia and MS in Physical Therapy at Western Carolina University in 1999. She is in private practice in Asheville, NC.

PROGRAM AGENDA

8:00–8:30	Registration and Light Refreshments
8:30–10:00	Lumbar Spinal Stabilization Exercises: Lecture and Lab
10:00–10:15	Break
10:15–11:45	Lumbar Spinal Stabilization Exercises: Lecture and Lab (<i>continued</i>)
11:45–12:30	Lunch (<i>provided</i>)
12:30–1:30	Functional Rehab
1:30–1:45	Break
1:45–3:45	Thoracic and Cervical Spinal Stabilization Exercises: Lecture and Lab
3:45	Class Evaluation and Adjourn

DESCRIPTION

With the ongoing opioid epidemic, the importance of effective non-opioid treatment of neck and back pain is essential. In this lecture/lab-based educational activity, learn the importance of motor control and balance for persons with neck and back pain; how to palpate core spinal musculature; look for common muscle substitutions (including diaphragmatic breathing); give correct cues to your patients; and coach your patients in exercise progression with the stabilizer for biofeedback.

Note: Please wear comfortable clothing for hands-on labs.

AUDIENCE

Audience includes Occupational Therapists & Assistants and Physical Therapists & Assistants.

OBJECTIVES

Upon completion of this activity, participants will be able to:

- Diagnose musculoskeletal instability
- Identify and palpate local and global muscle systems of the spine
- Retrain and restore control in the deep stabilizers statically and dynamically
- Train coordination of breathing, local, and global muscles during functional tasks

CREDITS

NCBPTE: MAHEC, as part of the NCAHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **6.0 Contact Hours**.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0 Contact Hours**. Full attendance is required to receive credit.



REGISTRATION

Early registration deadline: February 2, 2018.

The registration fee for this workshop is \$150.00; \$135.00 for PTA or OTA; and \$75.00 for Students (must show student ID at check-in). These fees include administrative costs, educational materials, light refreshments and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

[CLICK HERE TO REGISTER](#)

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26):

Take 240 E to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right up that driveway to the MAHEC Biltmore Campus.

HAVE A QUESTION?

Contact the Program Planner

Rosalyn Wasserman, PT, DPT

rosalyn.wasserman@mahec.net or 828-257-4437

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803



Special Services
828-257-4485

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Friday, February 9, 2018 | Snow Date: 2/15/18

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MAHEC assumes permission to use recorded audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

MEAL PREFERENCE: Vegetarian Gluten-free Vegan

PROGRAM FEE: \$150.00 \$165.00 (after 2/2/18)

PTA OR OTA: \$135.00 \$150.00 (after 2/2/18)

STUDENTS: \$75.00 \$90.00 (after 2/2/18)
(must show student ID at check-in)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: #18AH018/54639
MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803 **Fax to:** 828-257-4768