

## **2024 Pain Care Skills Training**

**Title: Physical Examination/Evaluation (Back & Lower Body)**

**Presented by:** Franz Macedo DO, and Rebecca Vogsland DPT, OCS

**Dates/Times: 20 August AM 0730-1130 EDT**

**Location: NIH Natcher Center, Room E1/E2**

**Description:** This module will provide specific examination skills and tools to implement in your practice. We will discuss pain evaluation including: Targeted review of relevant anatomy as pitfalls of over-analysis with regards to imaging. We will review the evidence for and steps to correctly perform exam maneuvers with a significant emphasis on hands-on practice.

### **Learning Objectives:**

1. Develop an efficient neuromuscular screening examination for the patient with spinal pain.
2. Gain understanding of indications for specific exam maneuvers and their limitations.
3. Improve hands on experience with provocative maneuvers that aid in the differentiation of axial spine, hip girdle, and shoulder pain.

### **20 August AM 730-1130**

#### **Agenda**

**0730-0800** Review of Cervical, Lumbar spine anatomy and exam maneuvers

**0800-0900** Hands on Practice (Cervical and Lumbar spine and Headache specific exam)

**0900-0915** - BREAK

**0915-1000** Review of Shoulder, Hip and Knee anatomy and exam maneuvers

**1000-1130** Hands on Practice of Shoulder, Hip and Knee exam