

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

Physical Examination/Evaluation (Neck, Back & Lower Extremity)

**Presented by: Lt Col Patrick Saas, MD; Maj James Romano, DO; and
Maj David Riegleman, MD**

Offered: 20 August 2025, 1230–1630 PM ET

Location: Partnership for Public Service, 6th Floor – Room 610

Course Description: This module will provide specific examination skills and tools to implement in your practice. We will discuss pain evaluation including targeted review of both relevant anatomy and pathology. 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 and lower extremity 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 specific pathologies seen in spinal and lower extremity pain.

20 August 1230–1630 PM ET

1230–1300 Review of Cervical Spine Anatomy, Pathology, and Exam Maneuvers

1300–1330 Hands on Practice (Cervical Specific Exam)

1330–1345 ----- BREAK-----

1345–1415 Review of Lumbar Spine Anatomy, Pathology, and Exam Maneuvers

1415–1445 Hands on Practice (Lumbar Specific Exam)

1445–1500 ----- BREAK-----

1500–1545 Review of Hip, Knee, and Ankle Anatomy, Pathology, and Exams

1545–1630 Hands on Practice (Hip, Knee, and Ankle Specific Exam)