Byproducts of Lumbar Disc Degeneration: Oscillatory Manual and Exercise Intervention

This course will include the instruction and participant practice of various stabilization exercises for lumbar segmental hypermobility/instability often secondary to early grade disc degeneration. In addition, a number of graded oscillatory and traction-based manual therapy techniques will be instructed and practiced. This course will assist clinicians in enhancing his/her management of patients with disc degeneration resultant lumbar radiculitis, early grade lumbar disc degeneration and resultant segmental instability, advanced grade disc degeneration and resultant segmental motion loss (hypomobility) and lateral and central canal stenotic narrowing.

Date: August 8, 2019
Time: 8:30 a.m. - 4:30 p.m.
Location: Grand Valley State University’s Cook-DeVos Center for Health Sciences, Grand Rapids, Room 233
Presented By: Douglas Creighton
Cost: $150/GVSU PT alumni and DPT clinical instructors;
$200/all others
Register at www.gvsu.edu/ptpd

Dr Creighton's teaching interests and responsibilities include gross Human Anatomy specializing in degenerative spinal and extremity joint arthrology, Musculoskeletal Imaging and examination, Musculoskeletal Therapeutic Exercise, Orthopedic Manual Physical Therapy. His clinical practice focuses the treatment of orthopedic degenerative conditions. He has published work related to radiological confirmation of foraminal opening with therapeutic positioning, diagnostic ultrasound imaging of Vertebral Artery blood flow during Upper and Lower Cervical manual therapy interventions, and various case reports, case series, and comparison studies for both orthopedic manual physical therapy and therapeutic exercise interventions for patients with orthopedic degenerative spinal and extremity conditions.

Grand Valley State University Department of Physical Therapy, an accredited PT education program in Michigan, has approved this program for 7.0 PDR credits.