

Clinical Skill Development Intensive: Low Back and Sacrum

Objectives: By completing this program, participants will be able to:

- Identify and explain the most common causes of low back and sacrum dysfunction based on the NPLEX study guide;
- Identify and apply the orthopedic and imaging evaluations that are most helpful in making an accurate diagnosis based on the NPLEX study guide and clinical practice;
- Identify and apply the most appropriate treatment options;
- Identify the limitations in in-office treatment, understanding appropriate referrals.

Agenda:

- Review of basic anatomy of the low back and sacrum utilizing articulated skeletons, imaging, models (15 min.)
- Review of common pathologies of the low back and sacrum (15 min.)
 - ✚ Arthritis: Osteoarthritis, psoriatic, septic
 - ✚ Degenerative disc disease/degenerative joint disease
 - ✚
- Using and interpreting the most useful physical examination techniques (60 min.)
 - ✚ Observation
 - ✚ Range of Motion
- Imaging studies for low back and sacrum (10 min.)
 - ✚ Knowing when and what to order
 - ✚ Knowing the limitations of imaging
 - ✚ How to write the order
- Treatment Options
 - ✚ Watchful waiting
 - ✚ Physical adjustments (and contraindications)
 - ✚ Physical therapy
 - ✚ Surgery
- Pharmacology of commonly-used in-office pain medications (20 min.)
 - ✚ NSAIDS (Indications/Contraindications)
 - ✚ Homeopathic injections
 - ✚ Other pain meds (non-narcotic!)
 - ✚ Write the prescription
- SOAP Case Presentation: Chief Concern, Subjective, Objective, Assessment, Plan (25min.)
 - ✚ Eliciting the Chief Concern from the patient
 - ✚ Subjective: The patient's story (OPQRST)
 - ✚ Objective: Focused physical examination of the patient
 - ✚ Objective: Imaging studies (What and When)
 - ✚ Assessment: Creating the Differential Diagnosis
 - ✚ Plan: Identifying and applying the most appropriate treatment
- Personal Injury Cases (20 min.)
 - ✚ Insurance coverage (Yes, even for Naturopaths!)
 - ✚ Attorneys

- ✚ Medical Liens
- ✚ Proper Documentation
- Dumb Things Doctors Do
- Referring Patients
- Case Studies
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