

# **Comprehensive Evaluation and Management of Cervical & Lumbar Spine Dysfunction-Agenda**

**April 6, 2024**

7:30 - 8:00 Registration

8:00 - 8:15 Introduction and symposium overview

8:15 - 8:45 Functional anatomy review of the lumbar spine

8:45 - 9:45 Lab: Evaluation, special tests, radiculopathy and myelopathy clearing

9:45 - 10:00 Break

10:00 - 10:15 Identifying “Red Flags”

10:15 - 11:00 Lab: Understanding and performing a transverse abdominus activation progression

11:00 - 11:15 Choosing an active vs passive treatment approach

11:15 - 12:00 Treatment strategies for various lumbar conditions (non-op)

12:00 - 1:00 Lunch (on your own)

1:00 - 1:30 Cervical spine anatomy review

1:30 - 2:00 Recognizing “Red Flags” and understanding cervico-myeloradiculopathy

2:00 - 2:30 Lab: Cervical spine evaluation

2:30 - 3:30 Lab: Treatment strategies for various cervical spine conditions

3:30 - 3:45 Utilizing a team approach to maximize treatment

3:45-4:00 Course wrap up and Q&A