

# ADVANCED CLINICAL REHABILITATION

*"Bridging the gap in Academics, Clinics and Research"*

DECEMBER 2007

## VISION

*To be the premiere provider of the continuing education of the Filipino physical therapy community.*

## MISSION

*To bridge the gap in technological advances in physical therapy rehabilitation between the Philippines and our foreign counterparts particularly in the areas of Academics, Clinics and Research through continuing education, professional networking and development of resource websites and linkages.*

**ADVANCED ASSESSMENT AND TREATMENT**  
**STRATEGIES FOR LOW BACK PAIN: A**  
**CLINICAL PERSPECTIVE**  
**APRIL 5-6, 2008 (SATURDAY AND SUNDAY)**  
**8:00AM TO 5:15PM**  
**MAXIMUM OF 150 PARTICIPANTS**

the assessment and treatment of LBP

### **LECTURE:**

#### *Day 1*

- 7:30 to 8:00am Registration  
8:00 to 8:15am Opening Remarks and Introduction  
8:15 to 10:00am Anatomy & Biomechanics  
Theories & Clinical Models  
Inflammation  
Biomechanics of Tissue Remodeling  
Spinal stability by Panjabi  
10:00 to 10:15am BREAK  
10:15 to 11:30am Form and Force Closures  
Relevance of Fascia  
Pain education  
Principles of Motor control  
11:30am to 12:00pm OPEN FORUM AND DISCUSSION  
12:00pm to 1:00pm LUNCH  
1:00pm to 2:30pm Treatment strategies and approaches - Manual therapy (McKenzie, Mulligans, Maitland, etc)  
2:30pm to 3:00pm OPEN FORUM AND

### **OBJECTIVES:**

1. Provide basic knowledge on anatomy and biomechanics of the lumbopelvic region
2. Introduce different concepts, theories and clinical models used when treating patients with low back pain
3. Introduce different treatment strategies used in clinics and understand their concepts
4. Introduce clinical reasoning concepts to allow better outcome in treating patients with LBP
5. Demonstrate clinical applications of theories and treatments on low back pain patients to provide an insight on how physical therapy treatment can be more effective
6. Bridge the gap to our local clinicians, academe and researchers on the various congresses and seminars, outside of the Philippines, which can impact

3:00pm to 3:15pm DISCUSSION  
 3:15pm to 4:00pm BREAK  
 Taping techniques  
 Kinesiotaping  
 Athletic Taping  
 Others

*Day 2*

8:00am to 10:15am BRIDING THE GAP  
 Echoing the information from the following  
 - 2001 4<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvic Pain (Montreal, Canada)  
 - 2004 5<sup>th</sup> Interdisciplinary World Congress on Low Back and Pelvic Pain (Melbourne, Australia)  
 - 2007 First International Fascial Research Congress (Boston, MA; The Conference Center, Harvard Medical School)  
 10:15am to 10:30am BREAK  
 10:30am to 11:30am Clinical Reasoning  
 (Guiding the clinician in assessment and treatment) S.O.A.P  
 11:30am to 12:00pm QUESTION AND ANSWER  
 12:00pm to 1:00pm LUNCH  
 1:00pm to 1:30pm Patient and physical therapist considerations during evaluation

Summing it up in the clinic

1:30pm to 2:30pm CASE PRESENTATION 1  
 2:30pm to 2:45pm DISCUSSION  
 2:45pm to 3:00pm BREAK  
 3:00pm to 3:30pm CASE PRESENTATION 2  
 3:30pm to 3:45pm DISCUSSION  
 3:45pm to 4:15pm CASE PRESENTATION 3  
*if time allows*  
 4:15pm to 4:30pm DISCUSSION  
 4:30pm to 4:45pm CONCLUSION/  
 ANNOUNCEMENTS

**FEES: (includes tax, certificate and handouts)**

**Early Registration (Prior to Feb 29, 2008)**

- Professional – Php 1,950.00
- PPTA member – Php 1,750.00
- Student – Php 1,500.00

**Late Registration (After March 1, 2008)**

- Professional – Php 2,500.00
- PPTA member – Php 2,300.00
- Student – Php 2,000.00

**SLOTS ARE LIMITED TO JUST 150 PARTICIPANTS**

Questions regarding the seminars can be addressed to the email below

[marvin\\_ventura2002@yahoo.com](mailto:marvin_ventura2002@yahoo.com)

**2 DAY MENTORSHIP PROGRAM**

**APRIL 7 AND 11, 2008 (MONDAY AND FRIDAY)**

**7-9PM**

**MAXIMUM OF 50 PARTICIPANTS**

**OBJECTIVE**

1. To provide an venue where clinicians can share techniques in treating musculoskeletal conditions and have the opportunity to practice them with the guidance of skilled clinicians (LBP, knee, shoulder, ankle, elbow pains)
2. To provide an avenue for networking of different clinicians for self growth in musculoskeletal and sports physical therapy
3. To appreciate how clinical reasoning is an important tool when evaluating and treating patients
4. To allow healthy open discussions on the case presented (LBP, elbow, neck etc) to challenge the clinician's and participant's reasoning and strategies in the management of the different musculoskeletal conditions

**FORMAT**

There will be a musculoskeletal or sports condition that will be a presented and the lead therapist will conduct the evaluation part of the physical therapy session while educating the participants on the clinical reasoning process. The lead physical therapists will undergo the process of evaluation as described in the seminar and lecture. This will demonstrate to the participants, who have an interest in musculoskeletal rehabilitation, on how to improve their performance in clinics by providing an insight on the processes that skilled clinicians undergo in evaluating and treating patients with different musculoskeletal conditions. *Cases that will*

be presented will be provided during the conclusion of the LBP seminar.

This is a great opportunity to see how having mentors can assist any clinician to become more effective and be guided accordingly. It will surely be an exciting set of sessions for anyone attending the mentorship program so make the most of this chance.

**ATTENDANCE OF THE SEMINAR PRIOR TO ATTENDING THE MENTORSHIP PROGRAM IS ENCOURAGED TO ASSIST THE PARTICIPANT TO BENEFIT MAXIMALLY FROM THE CLINICAL SESSIONS**

April 7, 2008

7:00pm to 7:30pm	Case 1 Evaluation
7:30pm to 8:00pm	Discussion and Pracs
8:00pm to 8:30pm	Case 2 Evaluation
8:30pm to 9:00pm	Discussion and Pracs

April 11, 2008

7:00pm to 7:30pm	Case 1 Treatment follow up
7:30pm to 8:00pm	Discussion and Pracs
8:00pm to 8:30pm	Case 2 Treatment follow up
8:30pm to 9:00pm	Discussion and Pracs

APRIL 9 SESSION WILL BE SCHEDULED IF IT WILL BE POSSIBLE. Announcement will be made at the conclusion of the seminar on LBP if there will be a an April 9, 2008 session.

**FEES: (includes tax, certificate and handouts)**  
**CLINICIANS/PROFESSIONALS**  
**ARE A PRIORITY**

**Early Registration (Prior to Feb 29, 2008)**  
**Professional – Php 300.00/PER DAY**  
**PPTA member – Php 200.00/PER DAY**

**Late Registration (After March 1, 2008)**  
**Professional – Php 400.00/PER DAY**  
**PPTA member – Php 300.00/PER DAY**

**SLOTS ARE LIMITED TO JUST 50 PARTICIPANTS.**

Questions regarding the seminars can be addressed to the email below

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**THERAPEUTIC TAPING TECHNIQUES**  
**WORKSHOP**  
**FOR THE UPPER AND LOWER QUADRANT**  
**APRIL 13, 2008, SUNDAY**  
**MAXIMUM OF 30 PARTICIPANTS**

**OBJECTIVE**

1. Educate on taping guidelines and principles in treating several musculoskeletal and sports conditions
2. Introduce different tapes available in the rehabilitation market and educate on its use and effectiveness
3. Introduce how taping techniques can be used as diagnostic and treatment tools in the clinical setting
4. Perform and practice taping strategies with the guidance of skilled clinicians

7:30am to 8:00am	Registration
8:00am to 8:15am	Introduction
8:15am to 9:15am	Taping Guidelines & Principles Kinds of taping techniques Indications, precautions Clinical implications
9:15am to 11:30am	Upper Quadrant Taping Session Cervical spine, Shoulder taping, Glenohumeral, Acromioclavicular, Scapulothoracic, Bicipital tendonitis, Elbow taping, Wrist and fingers, Thoracic spine
11:30am to 12:00pm	CASE PRESENTATION
12:00pm to 1:00pm	LUNCH
1:00pm to 3:15pm	Lower Quadrant Taping Session Lumbar spine, SIJ, Abdominal Strain, Hip/glut medius, Knee, Foot and ankle (antipronation taping etc)
3:15pm to 3:30pm	BREAK
3:30pm to 4:00pm	CASE PRESENTATION 1
4:00pm to 4:30pm	CASE PRESENTATION 2

4:30pm to 5:00pm OPEN FORUM/DISCUSSION

**FEES: (includes tax, tape, certificate and handouts)**

**CLINICIANS/PROFESSIONALS**

**ARE A PRIORITY**

**Early Registration (Prior to Feb 29, 2008)**

**Professional – Php 3,000.00**

**PPTA member – Php 2,800.00**

**Students – Php1,500.00**

**Late Registration (After March 1, 2008)**

**Professional – Php 3,500.00**

**PPTA member – Php 3,300.00**

**Students – Php 2,000.00**

**SLOTS ARE LIMITED TO JUST 30 PARTICIPANTS.**

Questions regarding the seminars can be addressed to the email below

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**SPEAKER:**

**MR. MARVIN G. VENTURA, MPhySt(Sports Phty), RPT, CKTP**

Mr. Ventura was a graduate of BSPT in the University of Santo Tomas in 1997. He worked in the Philippine Heart Center from 1997-99 and moved into sports and musculoskeletal practice in the Philippine Basketball League under the BLU Detergent Kings in 1999. He then decided to take his Masters in Sports Physiotherapy from the University of Queensland in Australia in 2000. When he returned home to Manila, he worked in the Moro Lorenzo Sports Center in the Ateneo de Manila University and was the Head Sports Physiotherapist until 2004. He had the chance to attend the 4th Interdisciplinary World Congress on Low Back and Pelvic Pain in Montreal, Canada back in 2001 which has helped him integrate his knowledge on low back pain after completing his masters degree. He has worked in the University of Santo Tomas as an instructor and had given several seminars and workshops in the spine, ankle and foot, elbow and several others.

He was also a guest speaker in the Regional Sports Medicine Course conducted by the Philippine Olympic Committee in coordination with the International

Olympic Committee back in March 2004. He was also involved in the Philippine Physical Therapy Association in helping out the Sports Special Interest Group back in 2001. He had also conducted research studies with his students one of which was on taping for shoulders and was approved for podium presentation in the 2004 Australian Conference in Science and Medicine in Sports in Alice Springs, Australia. He is also one of the peer reviewers of the Philippine Journal for Allied Health Sciences.

Mr. Ventura was awarded in 2004 for the Gawad PPTA Awards for the Most Outstanding Professional in the Specialty of Sports and was the recipient of the 2005 Most Outstanding Professional in Physical Therapy by the Professional Regulations Committee. He decided to work in the US in 2005 and started in North Carolina prior to landing a job in the Rehabilitation Institute of Chicago (RIC) in Illinois. (voted by the US News and World Report as the no.1 rehabilitation hospital in the US for the past 17 years). He was one of several employees of RIC nominated for the Magnuson Award for Service in RIC. In 2007, he had the opportunity to attend the 1st International Fascial Research Congress held in the Harvard Medicine School Campus in Boston, Massachusetts and in the same year received his certification as a Kinesiotaping practitioner. After more than a decade of clinical practice, Mr. Ventura's passion of sharing the things he has learned to others prompted him to put up the Advanced Clinical Rehabilitation (ACR) for Physical Therapists. He hopes that this can be an avenue where local Filipino physical therapist's can improve and become better clinicians and have the opportunity to grow by BRIDGING THE GAP on what are the current and latest trends in physical therapy. He hopes to help responsible clinicians become the best that they can be in the hope that they too will guide other clinicians who desire the same passion.