Dr. Steven George, PT, PhD, is a professor at Duke University in their physical therapy program. Dr. George and collaborators have authored over 200+ peer-reviewed publications in leading physical therapy, rehabilitation, and pain research journals. He currently serves as a Contributing Editor for Physical Therapy and Editorial Board Member for the Journal of Pain as well as a member of the Advisory Council for the National Center for Complimentary and Integrative Health. Dr. George has been recognized with prestigious career research awards from the American Physical Therapy Association (Eugene Michels Award), American Pain Society (John C. Liebeskind Early Career Scholar Award), and International Association for the Study of Pain (Ulf Lindblom Young Investigator Award for Clinical Sciences). Dr. George has received additional recognition including; the Jules M. Rothstein Golden Pen Award, #10 international expert on low back pain and the 21st John H.P. Maley Lecturer. In addition, Dr. George was designated as a Catherine Worthingham Fellow by the APTA and was selected by the American Physical Therapy Association (APTA) Board of Directors to receive the Helen Hislop Award for Outstanding Contributions to Professional Literature in 2018.

Program Accreditation
Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers; this course is approved for 3.0 Category A hours. This course is pending approval with the XXX Board of Physical Therapy.

Non-Discrimination Statement: Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.
### Agenda

<table>
<thead>
<tr>
<th>Topic</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute low back pain - Exercise Interventions</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Acute low back pain - Manual therapy and directed treatments</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Acute low back pain - Patient education</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Acute low back pain - Case-based exploration of implementation</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Chronic low back pain - Exercises interventions</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Chronic low back pain - Manual therapy and directed treatments</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Chronic low back pain - Patient education</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Chronic low back pain - Case-based exploration of implementation</td>
<td>10 minutes</td>
</tr>
<tr>
<td>How were the lumbar CPG developed and updated?</td>
<td>10 minutes</td>
</tr>
<tr>
<td>How to best incorporate CPG into practice</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Evidence for classification system for lower back pain</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Discussion of outcome measure utilization in treatment for low back pain</td>
<td>10 minutes</td>
</tr>
<tr>
<td>Discussion and Question/Answer Session</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

### Course Description

This course is designed to provide participants with current best evidence for interventions for the lumbar spine as outlined by the American Physical Therapy Association Clinical Practice Guidelines. This discussion will include recommended treatments for acute and chronic lower back pain through exploration of case studies. The course will provide participants with current best evidence to determine how to classify patients to optimize matching of clinical assessment and treatment to improve prognosis. Additionally, suggestions for how to proceed when interventions warrant further evidence or information is lacking will be addressed as well as current best practice for assessment of the lumbar spine.

### Course Objectives

At the completion of the course, the participant should be able to:

- Discuss the best evidence for treatment of acute lower back pain.
- Select best interventions for chronic lower back pain.
- Identify how clinical practice guidelines should be used in clinical practice for lower back pain.
- Describe the key components of evidenced based classification for the lumbar spine.

### Low Back Clinical Practice Guidelines: Incorporating into Clinical Practice

#### Please check: □ ATC □ PT □ PTA □ OT □ OTA □ Other____

Name:__________________________________________
Address:________________________________________
City:___________________State:____Zip:_____________
Phone:_________________________________________
Email:__________________________________________

(Please provide E-mail to receive electronic confirmation)

Registration Fee: $60.00

Payment Options:
1. Fax completed registration/payment info to 717-547-8515
   Check payable to: Select Medical
2. Credit Card: □ Visa □ MasterCard □ Check
   Credit Card number: _____________________________
   Expiration Date:______ CCV Code:_________________
   Signature: _____________________________________

3. Mail Registration and Check to:
   Select Medical Attn: Jamie Mathews
   1340 Gaskins Road, Unit 12, Richmond, VA  23238
   Fax: 717-547-8515
   Email: jlmathews@selectmedical.com

#### Cancellation Policy:
Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

### QUESTIONS:
If you have questions, please contact course Coordinator, Jamie Mathews:
jlmathews@selectmedical.com or 804-290-0107.