

**Intended audience:**

- Currently practice in an orthopedic PT setting
- Prior exposure or course work in manual therapy and exercise progression modules

**Educational Level:**

- Intermediate

**Instructional Method:**

- 30% Lecture and 70% Lab

**Attire:**

- Lab/Comfortable Clothing Preferred

**Course Schedule:**

Saturday, November 7, 2015

- 7:30** Registration / Continental Breakfast  
**8:00** Lecture: *Anatomy and biomechanics of the Hip, biomechanics and muscular dynamics, Labrum Function, and abnormal hip mechanics influencing the knee joint*  
**9:00** Lecture/Lab: *Functional evaluation of the Hip joint and Lumbar Spine; Hip special tests*  
**11:00** Dynamic soft tissue mobilization to key muscles (hip and spine)  
**12:30** Lunch (On your own)  
**1:30** Joint mobilization / Articulation: Belting techniques  
**3:30** Intro to Hip exercises  
**4:30** Q&A / Discussion  
**5:00** Course evaluations

Course Sponsored by QTEK Products and SDME

11478 Via Promesa  
 San Diego, CA 92124  
 Attn: John Gray

**The Hip Joint:**

A Comprehensive Orthopedic  
 Manual Therapy Approach



Saturday, November 7, 2015  
 7:30am - 5:00pm

Physiotherapy Associates

La Jolla Clinic

9333 Genesee Ave, Ste 150  
 San Diego, CA 92121

100% of the course fees will be donated to:



Rehabilitation services and equipment for those  
 in need.

[www.PTFORALL.org](http://www.PTFORALL.org)

**COURSE DESCRIPTION:**

This full day dynamic course is packed with clinical pearls and practical applications. The course reviews anatomy, biomechanics, neurology, exercise physiology and integrates science fundamentals and evidence-based knowledge into practical outcomes. The presentation will include a discussion and demonstration of a progressive approach to evaluating and training the hip joint, starting with a comprehensive assessment of the hip joint, lumbar spine, hip muscles and rotator group recruitment, and culminating in optimizing stability during function and return to sport. Specific strategies to optimize stability during function and return to sport. Specific strategies to optimize movement and muscle recruitment using muscle dynamics and exercise principles will be discussed.

Mr. Ghandour will utilize manual and tactile techniques, introduce pulley concepts for recruitment, and demonstrate home exercise strategies designed to maintain gains made in the clinic. The participants will be able to take the knowledge learned in this one day course and apply it immediately to their patients and clients.

**COURSE OBJECTIVES:**

Upon the completion of the course, participants will be able to:

- Describe the anatomy of the hip joint
- Describe the muscles of the hip joint and the lumbar spine
- Describe the biomechanics of the hip joint
- Describe components of lumbar instability and hip deficiency
- Perform dynamic soft tissue mobilization of the lumbar spine / hip
- Perform a limited functional screening of lumbar spine and hip
- Perform treatment progression from NWB to functional stability
- Apply joint mobilization techniques
- Select and perform appropriate therapeutic exercises and progressions

**Yousef Ghandour - PT, MOMT, FAAOMPT**

Leadership, mentorship and innovation have been the hallmark of Yousef Ghandour's distinguished career in physical therapy. With nearly 30 years of professional experience, Yousef is equally passionate about his profession as he is about making a difference in people's lives.

As mentor and educator, Yousef serves as Adjunct faculty at San Diego State University in the Physical Therapy Doctoral program and as Voluntary Clinical Instructor in Family and Preventive Medicine at the University of California, San Diego. He is a clinical instructor with the Ola Grimsby Institute (OGI) He first started his education with his BSPT from CSU Long Beach. He completed a Masters of Orthopedic Manual Therapy at OGI and became a Fellow at the American Academy of Orthopedic Manual Physical Therapy - FAAOMPT in 1993. He held several clinical specialist and supervisory positions in clinics throughout San Diego County and has extensive teaching experience in manual therapy techniques, soft tissue mobilization and scientific therapeutic exercise progression. Yousef is a dynamic and engaging speaker and educator who loves to share his passion in Orthopedic Manual Physical Therapy with his colleagues anytime anywhere.



**Registration Deadline: October, 23, 2015**  
 This course is approved for 8 contact hours for Physical Therapists, and Physical Therapist Assistants as outlined in Article 13 of Title 16 of California's Regulations

PTFORALL. **100%** of the course fees will be donated to PTFORALL: a 501(c)(3) nonprofit public charity dedicated to helping low-income individuals get the physical therapy services and supplies they need.  
[www.PTFORALL.org](http://www.PTFORALL.org)

**Cancellation Policy:**

All cancellations must be submitted by written notice 14 days prior to the course for full refund. Cancellations after that date, will be refunded less \$25 administrative fee. No refunds will be made after October 30, 2015. Full tuition refund if course is cancelled.

**Registration Form:**

*Pay by Credit Card or Check*

**Credit Card:** go to [www.PTFORALL.org](http://www.PTFORALL.org)

Click on "Donations" page

**Check:** make payable to "PTFORALL"

**Price:** \$175.00

Fill in the information below and mail this form, a copy of your PT license, and a check payable to PTFORALL to:

**Attn:** JOHN GRAY  
PTFORALL  
11478 Via Promesa  
San Diego, CA 92124

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Work Phone:** \_\_\_\_\_

**Home/Cell Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_