

## Intro and Objectives

RMT HVLA is a lab course focused on the clinical use of high velocity low amplitude (HVLA) thrust techniques in the lumbar, thoracic and cervical spine. The primary aim for this course is for participants to develop the knowledge and skill to increase utilization of HVLA techniques in the clinic. Participants will be instructed in the principles underlying two commonly used approaches to thrust mobilization: segmental localization and locking. A variety of techniques, of varying levels of complexity, will be shown for each region of the body. Although, this course emphasizes mastering the technical application of HVLA techniques, students will learn about the physiological effects and evidence to support thrust techniques in the treatment of musculoskeletal pain.

### Upon completion of this course, participants will learn:

- I. HVLA contraindications and risk factors
- II. Clinical indications for HVLA techniques
- III. About the evidence behind and the practical application of pre-HVLA screening tests
- IV. Segmental localization HVLA techniques for the lumbopelvic, thoracic & cervical regions
- V. Spinal locking HVLA techniques for the lumbopelvic, thoracic & cervical regions
- VI. About the physiological effects of HVLA tech.
- VII. About the effectiveness for HVLA techniques in the treatment of musculoskeletal pain

### Contact Hours and CEUs

This course includes 16 contact hours and is pending approval for CEUs by the CPTA for California licensed PTs.

### Intended Audience

Physical Therapists only (license verification required). Prior experience with manual therapy recommended.

### Instruction

80% Lab Course with technique instruction and supervised practice. Intermediate level.

### Instructor to Student Ratio: 1 to 12

**Note:** This course is included in the series of courses on Restorative Mechanotherapy: treatment to improve tissue quality and increase activity tolerance. However, RMT HVLA can be taken in isolation.

## Course Outline

### Day One: Emphasis on Segmental Localization Thrust Techniques

- 8:00 HVLA Contraindications and Risks
- 8:30 Pre-HVLA Screening
- 9:00 Mechanical Principles of Segmental Localization (local) Thrust Technique
- 9:30 Mid and Lower Cervical Spine (local)
- 10:15 Break
- 10:30 Lumbar Spine (local)
- 11:00 Mid Thoracic spine (local)
- 11:45 Cervicothoracic Spine (local)
- 12:30 Lunch (on your own)
- 1:30 Mid and Lower Cervical Spine (cont)
- 2:30 Lower Thoracic Spine (local)
- 3:00 Clinical indications for HVLA techniques
- 3:30 Break
- 3:45 Segmental Technique Consolidation
- 5:00 Physiological effects of HVLA
- 5:30 End Day One

### Day Two: Emphasis on Spinal Locking Thrust Techniques

- 8:00 Mechanical Principles of Spinal Locking (lock) Thrust Techniques
- 9:00 Mid and Lower Cervical Spine (lock)
- 10:00 Lumbar Spine (lock)
- 10:15 Break
- 10:30 Thoracic Spine (lock)
- 11:15 Quantifying Risks of HVLA Techniques
- 11:45 SIJ and Lumbar Spine Mods (lock)
- 12:30 Lunch (on your own)
- 1:30 Cervicothoracic Spine (lock)
- 2:00 Pillow Modifications to Segmental Localized Techniques
- 2:45 Upper Cervical Introduction
- 3:30 Break
- 3:45 Locking Technique Consolidation
- 4:45 Efficacy of HVLA Techniques
- 5:30 End Day Two

*Please note that most spinal locking techniques provide segmental localization of the treatment.*

## Instructor

### Roland Lucas PT MPhty FAAOMPT



Roland Lucas graduated with a Degree in Physiotherapy from the University of Sydney in 1992. Soon after graduation he immigrated to California and undertook post professional residency training in Orthopedic Manual Therapy (Hayward, CA-1996) and Proprioceptive Neuromuscular Facilitation (Vallejo, CA-1999). In 2000, he completed a Master of Manipulative and Sports Therapy at the University of South Australia. Currently, he is undertaking post-graduate training in clinical epidemiology and biostatistics through the University of Sydney.

Roland divides his time between clinical practice in Sunnyvale, CA and teaching continuing education. He founded a Yearlong Manual Therapy Course in 2001, which is offered August through May every year in Redwood City. Since 1999, Roland has written and instructed weekend continuing education courses on orthopedic, sports and manual therapy. Additionally, Roland has presented at State and National Conferences for Physical Therapists, Chiropractors and Medical Doctors. Currently, Roland is the Chairperson for the California Orthopedic Manual Physical Therapy Special Interest Group of the CPTA.

While completing his Master's Roland developed a special interest in tendon rehabilitation, and since that time he has explored the role of connective tissue loading through manual therapy and exercise. Through combination of his clinical experience with modern histopathology and scientific evidence Roland developed the rehabilitative approach he has coined *Restorative Mechanotherapy*. In his free time Roland enjoys running, windsurfing and spending time with his family.

**Registration: 408 774 1424**  
**www.rolandlucaspt.com**

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

Profession: PTsOnly

COMPTSIG Member: Yes/No

Phone: \_\_\_\_\_

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Upcoming Courses:

\_\_\_ RMT HVLA SF Bay Area CA Aug 13-14 \$595

*COMPTSIG members use coupon code "compsig" to receive a 15% discount on RMT HVLA*

\_\_\_ Yearlong Course Redwood City CA Aug 26 \$2800

*Host facility info available at www.rolandlucaspt.com*

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**Participant Agreement:**

*Cancellations received at least 30 days prior to the course date are fully refunded. Cancellations received between 30-15 days prior to the course date are fully minus a \$75 administration fee. Cancellations received less than 15 days prior to the course date and no shows are non-refundable and non-transferable. Lucas Physical Therapy and Fitness (LPTF) reserves the right to cancel any course, due to low enrollment, and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if LPTF cancels the course. LPTF reserves the right to change course date, location, or instructor. No refund will be issued if course is in progress and is interrupted by issues beyond our control. LPTF will not be responsible for any participant expenses other than a course tuition refund for course cancellation. Course receipt and certificate reprints subject to a \$25 admin fee. Audio, Photograph and Video recordings are made during the course and may include course participants. These recordings are used for education and promotional purposes only. Please notify instructor if you do not want to participate in recordings and accommodations will be made.*

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**Please fax to 408 774 0851 or mail to LPTF**

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1322 S Mary Ave  
Sunnyvale, CA 94087

**www.rolandlucaspt.com**

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