

# Evidence Based Rehabilitation and Active Care

by  
Stephen M. Perle, D.C., M.S.

Thursday, October 7, 2010 - 9:00 am to 6:00 p.m.  
Oak Brook Hills Marriott Resort  
3500 Midwest Rd., Oak Brook, IL 60523

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## **COURSE DESCRIPTION**

**Evidence Based Rehabilitation and Active Care** is an 8 hour course of instruction that emphasizes the current state of evidence regarding the use of rehabilitation and active care programs in chiropractic practice. This course will start with what is known and what evidence suggests are reasonable theories for the mechanisms of therapeutic effectiveness of rehabilitation programs to affect spinal stability, function and pain. A background in exercise physiology will be reviewed. Basic principles of clinical epidemiology (e.g. LR+/-, NNT etc.) will also be reviewed. This course will stress low technology rehabilitation and active care programs that can be initiated in practice for eventual patient home care. Specific protocols for spinal stabilization (cervical to lumbopelvic) will be covered.

## **COURSE OBJECTIVES: Learner will be able to**

Describe the physiological basis for muscle strength and how different types of exercise affect muscle function

Understand the nature of stability

Perform an evaluation of muscle function

Design a clinically sound rehabilitation and active care treatment program

## **COURSE OUTLINE**

- ❖ Review of Evidence Based Practice – 1 hour
- ❖ Evidence on biomechanics of spinal stability – 1 hour
- ❖ Evidence on disorders of spinal stability – 1 hour
- ❖ Evidence on muscle function in spinal stability – 1 hour
- ❖ Evidence on spinal rehabilitation exercises in the treatment of low back pain – 1 hour
- ❖ Evidence on spinal rehabilitation exercises in the treatment of neck pain – 1 hour
- ❖ Effectiveness of multimodal care – 1 hour
- ❖ Specific exercises – 1 hour
  - Movement therapy - proprioception or sensory-motor stimulation
  - Stabilization exercises
  - Protocols for
    - Cervical spine
    - Lumbopelvic spine

## **Biography**

Stephen M. Perle, D.C., M.S. is a Professor of Clinical Sciences at University of Bridgeport College of Chiropractic and an Adjunct Professor of Mechanical Engineering at the University of Bridgeport School of Engineering. He is the Chiropractic Coordinator for the ING NYC Marathon. Published in a variety of chiropractic journals, Dr. Perle lectures all over North America on many different topics. A 1983 graduate of the Texas Chiropractic College, he practiced in NYC until his appointment at U.B. Dr. Perle earned an M.S. in exercise science (exercise physiology and sports biomechanics) with a thesis on the effects of adjusting the ankle. Dr. Perle was awarded the American Chiropractic Association's Academician of the Year award in 2004.

*\*This program is co-sponsored by the National Chiropractic Mutual Insurance Company (NCMIC). NCMIC professional liability policy holders attending this seminar qualify for a 5% premium discount.*