

## Summary

Treatment of low back pain (LBP) is one of the most frustrating orthopedic problems in our industry. It is a 26 billion dollar cost to Labor and Industry in the USA. The common theme to unresolved acute or chronic back pain is the absence of an accurate diagnosis. How many times have you been left to figure out what treatment works and what doesn't work for your patients with lower back pain? Where do you begin when they are in the acute or chronic phase? How many times do your patients leave in pain? How many of your lower back patients drop off without resolve?

Consequently, this course is designed to enlighten you to a new approach for diagnosing and treating acute or chronic LBP. It is truly a 180 degree paradigm shift from our traditional or current thoughts on treating this debilitating epidemic. You will be given the answers to the previous questions and you will learn why we treat backs differently and how we attain immediate relief, where others have failed. You will understand our rational and treatment protocol well enough to utilize it immediately when you return to your clinic.

## Course Description

This is a beginning to intermediate continuing education course that is designed to give healthcare professionals a unique and simple way to successfully treat chronic or acute low back pain right away. This lab intensive course encompasses basic physical therapy principles, manual mobilization, functional movement and postural positioning strategies, exercises and self-care to form a comprehensive and unique philosophy of care that will progress your patient towards resolution from start to finish.



## Who should attend this course?

Physical Therapists, Physical Therapist Assistants or other health professionals that deal with patients suffering from chronic or acute lower back pain.

*"I've tried everything out there and this is simply the best kept secret for resolving back and neck pain. You should be getting this information out to all healthcare providers."*

- Client Testimonial

## About the Educator

Chris Ford, MPT, CEO and owner of Alternative Back Care Physical Therapy established his clinic to specialize in treating lower back pain utilizing his new and unique approach. We have had over 80% of our patient load consisting of back pain. Our proven results over the years, have been the last and final hope for many patients who are considering surgery or have had a failed surgery. The results are the same - immediate symptom relief due to our unique philosophy of care and implementation of the leveling technique. Nobody treats backs like we do. Find out what we do differently and experience the results of our philosophy of care.

After discovering a direct cause and effect relationship between accurate alignment of the lumbar sacral complex to the typical symptomologies consistent to those suffering from lower back pain, he set about perfecting what he calls the "Leveling Technique." The Leveling Technique is simply the most accurate alignment method for the spinal facets and sacroiliac joint complex in existence today. Learning the technique and understanding the principles is quite simple. As you will discover in this course and in your implementation of the Leveling Technique to your own patients, that accurate alignment equals immediate relief of symptoms. This course will be one of the most powerful tools ever placed in your tool box. It will truly change the way you treat your patients with lower back pain. As you employ the strategies and techniques of this philosophy of care you will witness the immediate results and discover the benefit it creates for your patients.

## Course Objectives

1. Understand our rationale behind the basic concepts of our unique philosophy of care in treating lower back pain. You will be able to implement these strategies and techniques on your first day back to work.
2. Understand and implement our streamlined evaluation methods in order to get to the root of the problem quickly while avoiding unnecessary provocative tests.
3. Learn simple palpation tips and be able to precisely determine the orientation of each lumbar vertebral segment, the sacrum and pelvis. These skills are an integral part of being able to perform the leveling technique correctly and effectively.
4. Understand the structural components that contribute to the causation of low back pain.
5. Understand our thought process behind the myths versus the actual causes for lower back pain.
6. You will be introduced to the leveling technique, which is the most accurate spinal alignment technique in existence today. You will witness the consistent phenomenon, that accurate alignment equals immediate relief. Witness why it is far superior to manipulation, MET or any of the other mobilization techniques within our profession.
7. Be able to perform the basics of the Leveling Technique and experience their immediate results on your first day back to work.

Based upon the basic foundations of scientific discovery: observation, experimentation, cause <> effect, clinical reasoning, is evidence-based.

