

# A DIRECT ACCESS APPROACH TO LOWER EXTREMITY PAIN



**APTA**  
American Physical Therapy Association

CREDENTIALLED RESIDENCY PROGRAM



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**OBJECTIVES:** Upon completion of the course, the participant will

Be able to understand sources of pathology outside of the musculoskeletal system that present as musculoskeletal complaints in the thigh, knee, shin, ankle and foot region.

Be able to determine appropriateness of a patient for physical therapy intervention or cross referral.

Be able to understand and differentiate the different regions of the thigh, knee, shin, ankle and foot region with relevance to anatomy, mechanics and susceptibility to dysfunction.

Differentiate potential sources of lower extremity dysfunction and pain using mechanical principles with a functional emphasis

Integrate this knowledge towards subjective and objective examination of the spine

Establish an appropriate lesion and somatic diagnosis and manual therapy intervention for the dysfunction in question

Plan and prescribe an appropriate stabilization protocol and educate the patient with regards to prophylaxis

### **CONTENT OUTLINE:**

Lecture in anatomy, mechanics, mechanism of dysfunction.

Lecture in the conceptual basis of the 3 stage approach  
Lecture in the conceptual basis of determining appropriateness of patients for physical therapy

Lecture / Lab in screen exam to rule out stage 1 concerns (includes hands on screening of musculoskeletal, neurological, vascular and systemic systems. Basic tests, observation and palpation are highlights)

Lecture / Lab in lesion and somatic diagnosis of the thigh, knee, shin, ankle and foot region.

Lecture / Lab in manual physical therapy treatment for somatic dysfunction.

Lecture / lab in prophylaxis.

### **DAY ONE**

Introduction

Clinically relevant musculoskeletal anatomy (thigh, knee, shin, ankle and foot region.)

Clinically relevant visceral anatomy

Palpation (LAB)

### **BREAK**

STAGE-1

Musculoskeletal / systemic red flags  
Systemic mediation

Radiology

### **LUNCH**

Screen exam  
Musculoskeletal / Non-musculoskeletal red flags (LAB)

### **BREAK**

Thigh, knee, shin, ankle and foot region.  
lesion diagnosis (including radiculopathy)

Thigh, knee, shin, ankle and foot region.  
lesion diagnosis (LAB)

### **CONCLUDE**

### **DAY TWO**

Thigh, knee, shin, ankle and foot region.  
lesion diagnosis (LAB) Contd

Thigh, knee, shin, ankle and foot region.  
somatic diagnosis

### **BREAK**

Thigh, knee, shin, ankle and foot region.  
treatment (LAB)

### **LUNCH**

Thigh, knee, shin, ankle and foot region.  
treatment (LAB)

Prophylaxis

### **CONCLUDE**

### **COURSE INSTRUCTOR**

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Musculoskeletal Naturopath