

A Movement System Approach to the Hip

Presented by Carrie Hall, PT, MHS

Lecture and Demonstration • Six contact credit hours, 0.6 CEU

Saturday, April 27, 2019 • 9 a.m. to 4:30 p.m.

Providence St. Peter Hospital, 200 Conference Rooms
413 Lilly Rd NE, Olympia



Speaker Biography

Carrie Hall founded Movement Systems Physical Therapy in 1995. Her mission/vision was to build a clinical practice where she could implement her philosophical approach toward diagnosis and treatment of movement system impairment (MSI) syndromes. Hall's background in the MSI approach stemmed from her longtime mentor, Shirley Sahrman, PT, PhD, FAPTA, who she met while working at Barnes Hospital and Washington University in St. Louis (WUSTL) in 1983.

In addition to her clinical practice and continuing education teaching, Hall has served on several faculties including WUSTL, Northwestern University in Chicago, and University of Washington in Seattle. Her role as university instructor motivated her to take on lead authorship of the text "Therapeutic Exercise: Moving Toward Function," now in its 4th edition. She recently completed two monographs for the Academy of Orthopaedic Physical Therapy on-line continuing education on "A Movement System Approach to the Lower Quarter."

Hall serves as a Washington Delegate to the APTA House of Delegates, on the Great West Region Washington Advisory Board for the Arthritis Foundation, and on the Seattle Pediatric/Adolescent Sports Medicine Interest Group/Hip Task Force.

This course will review the functional anatomy of the hip joint and the relationship between the acetabulum and proximal femur. Examples of movement system diagnoses of the hip joint will be introduced. The critical elements of a movement system diagnosis will be reviewed, and key components of exercise and functional training interventions will be provided.

Course Objectives

- Recall key anatomic features of the pelvis and the variations between male and female pelvic structure.
- Describe normal morphological variations of the proximal femur and acetabulum.
- Associate femur on pelvis and pelvis on femur osteokinematics and relate these to a movement system diagnosis.
- Describe normal joint arthrokinematics and how deviation from normal relates to a movement system diagnosis.
- Recall the various functions of muscles around the hip joint and relate muscle performance and muscle recruitment strategies to a movement system diagnosis.
- Describe a movement system examination/evaluation process of the hip.
- Discuss selected biomedical diagnoses and relate to movement system diagnoses.
- Identify a movement system diagnosis of the hip from examination/evaluation results.
- Develop a plan of care for a movement system diagnosis of the hip from the examination/evaluation results.

Course Schedule

8:30 - 9 a.m.Registration /check in

9 a.m. - NoonCourse begins

Noon - 1 p.m.Lunch break

(lunch on own)

1 - 4:30 p.m.Course continues

Registration Rates

EARLY BIRD RATE - Registrations received by April 11

\$140PT - APTA member

\$112PT - APTA member and
Providence or Swedish employee

\$105PTA - APTA member

\$84PTA - APTA member and
Providence or Swedish employee

\$95Student, Life or Retired APTA Member

\$200Nonmember

REGULAR RATE - Registrations received April 12-27

\$215PT - APTA member

\$187PT - APTA member and
Providence or Swedish employee

\$180PTA - APTA member

\$159PTA - APTA member and
Providence or Swedish employee

\$170Student, Life or Retired APTA Member

\$275Nonmember

Register for the course online at: www.ptwa.org/conference

PTWA One-Day District Course Registration Form

Saturday, April 27, 2019 • Providence St. Peter Hospital • 200 Conference Rooms • 413 Lilly Rd NE • Olympia, WA

HOW TO REGISTER:



Mail registration form to:
208 Rogers St NW
Olympia, WA 98502-4952



Register online at:
www.ptwa.org/conference

Name for Nametag _____
 Company _____
 Address _____
 City/State/Zip _____
 Work Phone (_____) _____
 Home Phone (_____) _____
 Email Address _____
 Special needs: _____

APTA Member # _____ Nonmember

CHECK PT PTA Providence/Swedish Employee
 ALL Life or Retired Member
 THAT
 APPLY: Student

All APTA members eligible for discounted member rates, regardless of chapter membership. Members must be a member in good standing as of the date of the conference to be eligible for member rate. New APTA members who do not yet have a member number must submit a copy of their membership application to receive the member rate.

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Early Bird Rates

Registrations received by April 11

PT - APTA Member	\$ 140
PT - APTA Member - Providence/Swedish Employee	112
PTA - APTA Member	105
PTA - APTA Member - Providence/Swedish Employee	84
Student, Retired or Life APTA Member	95
Nonmember	200

Regular Rates

Registrations received between April 12-27

PT - APTA Member	\$ 215
PT - APTA Member - Providence/Swedish Employee	187
PTA - APTA Member	180
PTA - APTA Member - Providence/Swedish Employee	159
Student, Retired or Life APTA Member	170
Nonmember	275

Payment

TOTAL: \$ _____ Check enclosed (payable to PTWA)

AMEX / VISA / MASTERCARD Credit Card # _____ / _____ / _____ / _____ Exp. Date _____ / _____

Cardholder Signature: _____ Cardholder Name: _____

REGISTRATION FEES: Includes admittance to the course, course handouts and break refreshments. Lunch is not included. In order to qualify for the member registration rates, you must be a member in good standing as of the date of the course. Registrants who have a membership expiration date prior to course must provide proof of membership before the end of the course or they will be subject to paying the nonmember rate. New APTA members who do not yet have a member number please submit a copy of your membership application form to receive the member rate.

STUDENT MEMBER RATE: Student Rates apply to APTA member students who are PTWA members, enrolled in a Washington state PT or PTA program, or doing affiliate work in Washington state.

CANCELLATIONS AND SUBSTITUTIONS: To cancel, call the PTWA office at (360) 352-7290, ext. 113. Cancellations received by April 11 will be refunded the full fee less a \$25 administrative fee. Cancellations between April 11 and 22 will receive a 50 percent refund. There will be no refunds after April 22. If there is no waiting list, substitution by a registrant whose fee is of equal or lesser value may be accepted at the discretion of PTWA staff. We cannot accept substitutions if we have a waiting list. In the unlikely event that PTWA cancels this course, our liability will extend only to the amount you paid for your registration.

SPECIAL NEEDS: If you have any special needs, please let us know by April 12.