

Improving Clinical Decision Making in the Management of Low Back and Leg Pain



**Date: November 14-16,
2025**

Location: Portage, WI

Tuition: \$650

16 CEUs Approved in WI

ABOUT US

Bookhout Seminars is a physical therapy continuing education group that specializes in instructing physical therapists in advanced evaluative techniques and manual interventions. Mark Bookhout, PT, MS, FAAOMPT, CFMM developed this material over 35 years of clinical practice with influences from Stanley Paris, Michigan State School of Osteopathic Medicine, The Barral Institute, Janda, Feldenkrais and countless other experts. Bookhout Seminars emphasizes integration of competing approaches into a single cohesive evaluative and treatment approach.

INSTRUCTOR

Kyle Cook owns Precision Physical Therapy Specialists, PLLC, in the western Chicago suburbs. He graduated from the University of Wisconsin-Madison Physical Therapy program in 2006, and later completed UW-Madison/Meriter Orthopedic Residency Program. Initially, he started at PTOSI, in Minneapolis, under the mentorship of Mark Bookhout. There he gained extensive experience on advanced manual techniques and clinical decision making. He worked and taught in the residency and fellowship program at Loyola Medical Center for 10 years before returning to private practice. Kyle has been published in journals, such as, JOSPT and AANS Neurosurgeon. Kyle has taught independently, with Bookhout Seminars and is clinical faculty at the Michigan State University College of Osteopathic Medicine

TO REGISTER CONTACT:

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Course Description

This two and 1/2 day course will focus on the evaluation and treatment of low back and leg pain from a neurological and biomechanical perspective.

Correlations between the pathophysiology of this area and a patient's clinical presentation will be discussed in detail. This course will include the clinical presentation and treatment of a herniated lumbar disc, facet joint dysfunction, stenosis, spondylolisthesis and lumbar and sacroiliac dysfunctions. Evaluation of the thoracolumbar junction, lumbar spine, pelvis and hips will be presented in such a way that the student will be able to decide which treatment approach has the best chance of success. Treatment techniques will be eclectic in nature and include neural mobilization, muscle energy, articulatory techniques, mobilization with movement, directional specific repeated movements and home exercises.

Course Objectives:

1. To review the functional and neurological anatomy of the lumbar spine and pelvis.
2. To have a better understanding of the biomechanics of the spine, pelvis and hips and their interdependence.
3. To learn how different pathologies of the lumbar spine, pelvis and hips present clinically.
4. To be able to recognize when or if a patient's pathological/radiological findings correlate with their clinical presentation.
5. To be able to integrate a variety of treatment approaches to optimize success in treating patients with a herniated lumbar disc, facet dysfunction, stenosis, spondylolisthesis, lumbo-pelvic dysfunctions.
6. To be able to decide when a patient may need to be referred to a physician for further diagnostic work up.
7. To learn what type of home exercise program and self-help measures will best address the patient's functional limitations and compliment their manual therapy treatment.

Day I – 3:00 – 7:00 pm

3:00 – 3:15 Introductions and goals

3:15 – 3:30 Patient's history- key questions to ask

3:30 – 4:00 Functional anatomy and pathophysiology of the lumbar spine

4:00 – 5:00 Standing evaluation

5:15 - 6:00 Standing evaluation

6:00 - 7:00 Lumbopelvic complex biomechanics

Day 2 - 8:00am – 5:00 pm

8:00 – 8:30 Review of day I and questions

8:30 - 10:00 Sitting evaluation

10:15 – 11:30 Supine evaluation

11:30 – 12:30 Prone evaluation

1:30 – 2:00 Prone evaluation of lumbar spine, pelvis and hips (con't)

2:00 – 3:00 Discussion of findings from the evaluation and clinical correlations to patient's history and pathology

3:00 – 3:45 Treatment of facet dysfunction in the lumbar spine

4:00 – 4:30 Treatment of facet dysfunction in the lumbar spine (con't)

4:30 – 5:00 Mckenzie approach to the lumbar spine

Day 3 – 8:00am – 5:00 pm

8:00 – 8:30 Review of day 2 and questions

8:30 – 9:30 Treatment of leg pain that won't centralize

9:30 – 10:30 Muscle energy treatment of the pelvis

10:45 – 12:30 Muscle energy treatment of the pelvis

1:30 – 2:30 Mulligan approach to the SI joint

2:30 – 3:00 Treatment approaches for HNP, facet syndrome, stenosis, and spondylolisthesis

3:15 – 4:30 Treatment approaches for HNP, facet syndrome, stenosis, and spondylolisthesis (con't)

4:30 – 5:00 Home exercises and self-management

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