Biomechanical Approach of the Spine and Pelvis

Bookhout Seminars

HIGH QUALITY PHYSICAL THERAPY CONTINUING EDUCATION

April 11-12, 2026

Tuition: $500

Neuroscience Group

Neenah, 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, Feldendrais and countless other experts. Bookhout Seminars emphasizes integration of competing approaches into a single cohesive evaluative and treatment approach.

INSTRUCTOR

Kyle Cook, MPT, OCS Kyle Cook owns Precision Physical Therapy Specialists, PLLC, in the western Chicago suburbs. A graduate from the University of Wisconsin-Madison Physical Therapy program in 2006, and Orthopedic Residency Program. Initially, he started at PTOSI, in Minneapolis, under the mentorship of Mark Bookhout. 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

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To register contact: bookhoutseminars@gmail.com
www.bookhoutseminars.com

Course Description

This 2-day course will focus on the evaluation and treatment of the cervical, thoracic, lumbar spine and pelvis using an osteopathic biomechanical model. Emphasis will be placed on identifying specific areas of somatic dysfunction in the cervical, thoracic, lumbar spine and pelvis. Treatment procedures will include muscle energy techniques, joint mobilization and specific home exercises.

Course Objectives:

-To review the functional anatomy and pathology of the cervical, thoracic, lumbar spine and pelvis

-To have an understanding of the Mitchell model for the evaluation and treatment of the spine and pelvis

-To be able to efficiently identify areas of somatic dysfunction in the spine and pelvis

-To be able to understand the thoracic spine and rib cage influences on the shoulder and apply these concepts to treatment

-To learn the application of MET and direct mobilization techniques to treat spinal and pelvic dysfunction.

Course Schedule

Day I 8:00am – 6:00 p.m.
8:00 – 8:15 Introduction and Goals for the course
8:15 – 8:45 Functional Anatomy Interrelationships between the lumbar spine and pelvis
8:45 - 10:00 Normal and Pathological Biomechanics of the Lumbar Spine Concepts of physiological vertebral motion Discussion of types of vertebral dysfunction
10:00 - 10:15 Break
10:15 – 11:30 Evaluation and Treatment of the Lower Thoracic Spine Translation in Sitting, MET's
11:30- 12:00 Evaluation of the Lumbar Spine- making a positional diagnosis of lumbar dysfunction
12:00 – 1:00 Lunch
1:00 – 3:00 Evaluation (cont) and Treatment of the Lumbar Spine with Muscle Energy Techniques
3:00 – 3:15 Break
3:15 – 4:30 Anatomy and Biomechanics of the Pelvis Physiological motion versus non-physiological motion; Pubis, sacrum, ilium
4:30 – 6:00 Evaluation of the Pelvic Girdle by Patient Position
Day 2 8:00am – 5:00 pm
8:00 – 8:30 Questions and review of dayI
8:30 – 9:15 Treatment of the Pubes and Innominate Shears
9:15-10:00 Treatment of Sacral Dysfunctions
10:00 -10:15 Break
10:15 – 10:45 Treatment of Innominate Rotations
10:45- 11:15 Biomechanics and functional anatomy of the upper thoracic spine
11:15- 12:00 Treatment of upper thoracic vertebral dysfunction (T1-6)
12:00 - 1:00 Lunch
1:00 – 2:00 Evaluation and treatment of 1st and 2nd Rib Dysfunction
2:00 – 3:00 Thoracic spine and rib cage influences on the shoulder
3:00 - 3:15 Break
3:15 – 3:45 Biomechanics and functional anatomy of the cervical spine
3:45- 4:45 Treatment of the cervical spine
4:45- 5:00 Closing Questions

To register contact: bookhoutseminars@gmail.com
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