

Articles, links, and courses to help you get better... at getting patients better



The facet can be tricky

[This expert panel survey](#) provides indicators of zygapophyseal (facet) joint pain in the lumbar spine..

Odd sensory symptoms in the anterior/lateral thigh?
[This is a great summary](#) about meralgia paresthetica.

[If your patient asks you](#) about what "cracking your knuckles" really is, give them this - it's as comprehensive as it gets.



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Coming up at C&M OrthoSports...

[Courses in Brooklyn and Staten Island](#)

This coming weekend we have a course entitled "Evidence-based Examination and Management of Lumbar Pathologies" happening at LIU's Brooklyn campus. We'll run the gamut of topics related to low back pain. Here, I've provided some great info on two common yet sometimes tricky pathologies related to the lumbar signs and symptoms, facet pain and meralgia paresthetica. In addition, you'll read everything you wanted to know and didn't want to know about the cavitation associated with "cracking" your knuckles (and possibly any other joint).

As I stated earlier, [Evidence Based Examination and Management of Low Back Pain](#) is coming this weekend. There's 3 seats left! We cover every topic on that most prevalent of pathologies - screening, movement analysis, mobilization, manipulation, stabilization, chronicity and central pain. Saturday, April 5 @ 9am-5pm and Sunday, April 6 @ 9am-3pm at [LIU Brooklyn Campus](#), 15 contact hours, \$300.00

This course got fantastic feedback from the NYPTA Symposium: [Evidence Based Examination and Management of Neck Pain](#) Neurodynamics, stabilization, and real-life applications of postural assessment. Plus, there's more manipulations than you can shake a stick at (whatever that means). Sunday, May 18 @ 9am-5:00pm at [Refuah Physical Therapy](#), 9 contact hours, \$175.00

In June, we'll be running [Ten Things Every Young Physical Therapist Should Know - A Framework For Clinical Reasoning](#) at Saint Francis College in Brooklyn. More details on dates and times later.

We hope to see you on Saturday!

Mike and Steve