



Discover the Pelvis – Level 1



Integrating clinical expertise and research for restoring optimal pelvic function

General Information

This course is limited to physiotherapists only.

Course Description

Pelvic girdle pain and incontinence are common problems seen in clinical practice. Research in the last decade has greatly increased our understanding of muscle and joint function, leading to the development of multi-modal, evidence-based approaches. The model upon which this course has evolved considers the evidence and the interplay of multiple systems. A new model, a System-based Classification for Failed Load Transfer (*The Puzzle*), will be highlighted and used extensively in this course to reveal how impairments in one or more of these systems can impact function and performance.

Discover the Pelvis – Level 1 is a 3 day evidence based course (Sackett et al 2002) that reviews the recent advances in science and presents a clinical application for assessment and treatment based on an integrated model. This course presents a structural framework for clinical decision making which enables the therapist to decide when and why different treatment interventions should be applied for successful rehabilitation. Based on specific assessment tests, the clinician will learn how to integrate joint mobilization techniques, myofascial release techniques, stabilization exercises as well as functional integration exercises into a complete multimodal program which is patient specific i.e. prescriptive - and thus most effective. On this course, this model of assessment and treatment will be applied to dysfunction within the pelvic girdle.

This 3 day course is based on a functional model, as opposed to one which seeks to identify pain generators. It lays the foundation for understanding and restoring movement and control within the pelvic girdle and how this impacts the rest of the body. The ultimate goal is to restore function such that there is mobility as well as stability without rigidity of posture and without episodes of collapse: "Restoring Stability with Mobility".

Course Preparation

To get the most from this course it is advised that you review your anatomy.

Course Requirements

Wear comfortable clothing including shorts/sports bra which are suitable for examination of the low back, pelvis and lower extremity.

Course Outline/Objectives:

This course will cover the:

principles of this integrated approach and the evidence that supports it

biomechanics of the pelvis (sacroiliac joints and pubic symphysis)

current knowledge on how stability is achieved for effective load transfer through the pelvis.

clinical tests which examine:

- position or posture of the pelvic girdle
- functional load transfer through the pelvic girdle (strategies for function & performance)
- joint mobility/stability (articular system analysis - specific mobility and stability tests for the sacroiliac joint and pubic symphysis)
- the deep muscles: analyse recruitment patterns of the deep muscles of the lumbopelvic stabilizers and recognize common substitution strategies (myofascial and neural system analysis)
- common patterns of dysfunction including those of excessive compression (stiff joints, hypertonic superficial muscles, joint fixation) and insufficient compression (loose joints, insufficient recruitment of the deep muscles).

development of an effective treatment program including when and how to use manual therapy, education and exercise.

specific mobilization techniques for the sacroiliac joint including direct mobilization and release with awareness (Lee & Lee) techniques – reducing rigidity using manual therapy and breath work.

the protocol for an evidence-based stabilization exercise program and the role of prolotherapy and sacroiliac belts/taping in augmenting stabilization therapy.

the role of injection therapy for pain reduction

exercises for restoring a neutral spine and hip position. Techniques to restore neutral spine position in sidelying, prone and sitting will be practiced with a focus on the lumbopelvic-hip alignment.

motor control training for the deep muscles – isolation and awareness training which extensively uses imagery and touch for facilitation. The focus will be on how to find the optimal strategy (best patient position, image, manual and verbal cues) for your patient.

At the conclusion of this 3 day course, the participant will have an understanding of how to design a multimodal, evidence-informed treatment program specifically for the restoration of function and performance of the pelvic girdle.