

The SI Joint and Pelvic Girdle

An Evidence-Based Course

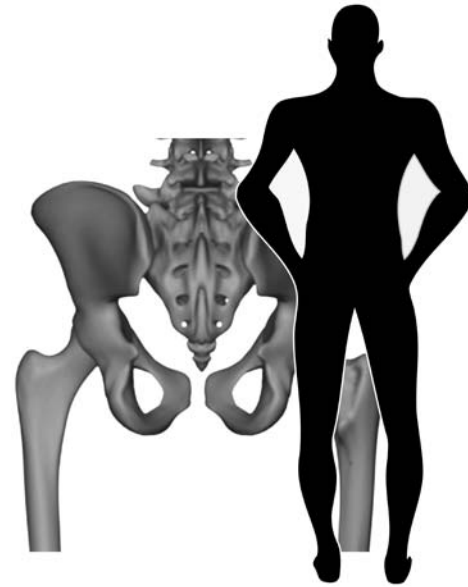
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Recommended Reference Tool

Examination and Treatment of the SI Joint
Online/DVD



A Systematic Approach
Utilizing Manual Therapy,
Therapeutic Exercises and
Muscle Energy Techniques

Presented by Michael P. Reiman,
PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS

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PT, PTA and ATC - Continuing Education Course

Day One

7:30	8:00	Registration
8:00	9:45	Differential Diagnosis of Pelvic Girdle Dysfunction <ul style="list-style-type: none"> • Subjective history of pelvic girdle dysfunction
9:45	10:00	Break
10:00	11:00	Muscle Function of the Pelvic Girdle(Lecture/Lab) <ul style="list-style-type: none"> • Lower crossed syndrome • Local and global muscle stabilization • Muscle Length testing
11:00	12:00	Palpation Review (Lab) <ul style="list-style-type: none"> • Identify appropriate anatomical bony and soft tissue structures of the pelvic girdle
		Pelvic Girdle Diagnosis (Lab) <ul style="list-style-type: none"> • Review of signs and symptoms • Static anatomical position testing • Motion palpation testing
12:00	1:00	Lunch (on your own)
1:00	1:45	Pelvic Girdle Diagnosis (Lab continued) <ul style="list-style-type: none"> • Continue with motion palpation testing and start pain provocation testing of the pelvic girdle
1:45	4:00	Innominate Dysfunctions: Treatment Prescriptions (Lecture/Lab) <ul style="list-style-type: none"> • Anterior and posterior rotations • Ilium inflares and outflares • Upslips and Downslips
4:00	4:15	Break
4:15	5:45	Case Study Presentations <ul style="list-style-type: none"> • Pelvic girdle diagnosis • Muscle imbalance dysfunction • Innominate dysfunction
5:45	6:00	Review and Questions

Day Two

8:00	8:30	Review and Questions
8:30	9:00	Pubic Dysfunction Diagnosis (Lecture/Lab) <ul style="list-style-type: none"> • Static anatomical position testing
9:00	9:45	Treatment and Exercise Prescription <ul style="list-style-type: none"> • Inferior and Superior Pubic Dysfunction <ul style="list-style-type: none"> - Muscle energy techniques - Manual therapy techniques - Muscle imbalance correction techniques
9:45	10:00	Break
10:00	11:30	Sacral Dysfunctions (Lecture/Lab) <ul style="list-style-type: none"> Diagnosis: Signs and Symptoms <ul style="list-style-type: none"> • Subjective history as discussed in the literature • Objective findings as discussed in the literature
11:30	12:30	Lunch (on your own)
12:30	2:15	Sacral Dysfunctions: Treatment and Exercise Prescription (Lecture/Lab) <ul style="list-style-type: none"> • Sacral torsions • Flexed Sacrum • Extended Sacrum • SI Joint hypermobility
2:15	3:45	Case Study Presentations <ul style="list-style-type: none"> • Sacral hypomobility • Sacral hypermobility • Normal sacral mobility with pain
3:45		End of Session

About the Educator

Michael P. Reiman, PT, DPT, OCS, SCS, ATC, FAAOMPT, CSCS is an assistant professor of physical therapy at Duke University Medical Center. As a clinician Dr. Reiman has over 20 years of experience in assessing, rehabilitating, and training athletes, clients, and patients at various levels of ability. He received his doctoral degree in physical therapy from MGH Institute of Health Professions in 2007. In addition to his certifications as an athletic trainer and strength and conditioning specialist, Dr. Reiman is a manual therapy fellow through the American Academy of Orthopaedic and Manual Physical Therapists (having completed a 2 ½ year fellowship program), is a USA Weightlifting level 1 coach and a USA Track and Field level 1 coach. Dr. Reiman has co-written the only textbook on functional testing, Functional Testing in Human Performance, written eight book chapters on orthopedic examination/intervention and training for strength, power, and endurance. He has also written multiple articles in such journals as the American Journal of Sports Medicine, Journal of Orthopedic and Sports Physical Therapy, and Journal of Sport Rehabilitation, as well as having served as special guest editor for a special issue on the hip joint in the Journal of Sport Rehabilitation. Dr. Reiman currently serves on the editorial board for the Journal of Sport Rehabilitation and is a reviewer for multiple orthopedic and sports related journals. Dr. Reiman presents on various levels of assessment and treatment methods at national, regional, and local conferences and actively participates in research regarding various testing methods for orthopedic examination/intervention and human performance. His current research and presentation interests focus on performance enhancement, low back/hip pain, and evidence based examination/intervention of the hip joint. He continues to practice clinically on various sports and orthopedic-related injuries. He is a member of the American Physical Therapy Association, National Athletic Trainers' Association, National Strength and Conditioning Association, USA Weightlifting Association, and USA Track and Field Association

Why You Should Attend This Course

This two-day intermediate level seminar is designed to provide the medical professional with a simplified evidence-based approach to managing dysfunctions of the pelvic girdle. Anatomy of the SI and pelvic girdle region and the evidence-based treatment theory form the foundation of the lecture. In-depth analysis of the biomechanics of the SI and pelvic girdle region are presented and form the basis for evaluation of alignment within the SI and pelvic girdle. The participants, through extensive lab exercises, will be led through the development of treatment plans by applying muscle energy, joint mobilization and muscle re-education techniques. Course instruction will also focus on developing a working knowledge of the theory behind muscle energy and joint mobilization techniques combined with supporting evidence from the current literature. The practical application labs will be supplemented by lecture and group discussions. Efficacy of the various techniques for SI and pelvic girdle dysfunction will also be discussed in order to allow the participant to determine the best evidence based treatments for their clients. A course manual with illustrations and step-by-step instructions will assist the clinician in immediately and confidently applying these skills to their clinical setting. This information is essential to develop a comprehensive evaluation and treatment program for the SI and pelvic girdle region.

Course Objectives

Upon completion of this course participants will be able to:

- Understand the functional anatomy of the pelvic girdle.
- Recognize common pelvic girdle dysfunction and demonstrate comprehensive evaluation techniques.
- Explain the theoretical foundation of muscle energy techniques.
- Explain the theoretical foundation of joint mobilization techniques.
- Describe the current findings in the peer-reviewed literature that impact pelvic girdle diagnosis and treatment.
- Describe the indications and contraindications for using muscle energy techniques.
- Describe the indications and contraindications for using joint mobilization.
- Identify key elements of a patient's history to assist in the diagnostic process.
- Identify muscle length imbalances of the lumbopelvic-hip complex.
- Perform appropriate muscle energy and joint mobilization techniques for pelvic girdle dysfunction.
- Develop evidence based rehabilitation programs for specific dysfunctions that are based on current scientific literature.

Certificates of attendance are provided upon successful completion of the course.

This course is 15 contact hours/1.5 ceu's/ccu's
This course is 18.0 contact hours/1.8 ceu's for therapists licensed in Florida, Illinois, New York or District of Columbia.

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Registration Form



Name	_____	Profession	_____
Home	_____		
Address	_____		

City	_____	State	_____
	_____	Zip	_____
Credit Card	_____		

Exp.date	_____	Phone (required)	_____
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Location of attendance	_____		

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. (NAS) reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if a course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.