

Combined Approach to the SIJ

| Date | Venue | Tutor |
|--|--|---------------|
| Sat 13 th – Sun 14 th Dec 2008 | Whittington Hospital, Archway, London | Howard Turner |
| Sat 7 th – Sun 8 th Feb 2009 | Savernake Hospital, Marlborough, Wiltshire | Howard Turner |

This intensely practical and clinically orientated course aims to provide a straightforward yet comprehensive evidence-based approach to the wide variety of pelvic disorders that present to musculoskeletal physiotherapists. Consolidating traditional models of pelvic girdle assessment and treatment with current research and philosophies of management.

Time

DAY 1

- 08.45 REGISTRATION
- 09.00 Introduction / clinical relevance / applied anatomy and biomechanics of the pelvis and pelvic girdle dysfunction
- 10.00 Assessing movement dysfunction of the pelvis
- 10.30 BREAK
- 10.45 Assessing Myofascial disorders of the pelvis – a modified ‘osteopathic’ approach
- 12.30 LUNCH
- 1.15 Treatment of Myofascial presentations
- 3.00 Assessment and treatment of pubic dysfunction
- 3.15 BREAK
- 3.30 Clinical relevance and assessment of ‘piriformis’ syndrome and the use of positional release and taping techniques around the pelvis.
- 5.00 CLOSE

DAY 2

- 09.00 Review of Day 1 and key issues
- 09.15 Integrating pelvic treatment
- 10.00 BREAK
- 10.15 Assessment of SIJ dynamic stability
- 12.00 Assessment and treatment of intra-articular SIJ dysfunction 1
- 12.30 LUNCH
- 1.15 Passive movement assessment of the SIJ and interpretation
- 2.30 Assessment and treatment of intra-articular SIJ dysfunction II
- 3.00 BREAK
- 3.15 Overview of treatment, demonstration and patient practical
- 4.00 CLOSE