

Outline

HOW TO ACCURATELY IDENTIFY SACROILIAC JOINT DYSFUNCTION (SIJD)

- Signs and symptoms that suggest SIJD
  - Where is the pain located?
  - Is there a pain referral pattern?
- What muscles should you activate and inhibit to improve function
- Special assessment tests and measures to identify SIJD and postural patterns

WHAT TO EXAMINE IN ADDITION TO THE LOW BACK - ANATOMY & BIOMECHANICS OF SIJ

- Enhance treatment sessions by recognizing the relationship between SIJD and:
  - Hips
  - Faulty respiration
  - Posture
  - Motor control
  - Asymmetry/movement patterns

CONSERVATIVE INTERVENTIONS TO IMPROVE OUTCOMES FASTER

- Examination tests and measures for SIJD
  - Pain provocation tests to recommend
  - SIJ tests not recommended
- Therapeutic exercises for right SIJD
- Therapeutic exercises for left SIJD
- Therapeutic exercises for symmetrical postural pattern (bilateral or unilateral SIJD)
- The value of blowing up a balloon (90/90 Bridge with Ball and Balloon exercise)

CASE STUDIES FOR R SIJD, L SIJD, AND UNILATERAL SIJD

Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**Lunch Break** 1 hour *(on your own)*  
**3:30** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



Questions? Call customer service at 800-844-8260

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“

After doing a few exercises I learned with my clients, they immediately began to feel relief.

”

- Brandee, OT

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Massage Therapists
- Athletic Trainers
- Certified Strength and Conditioning Specialists
- Exercise Physiologists
- Personal Trainers

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Sacroiliac  
Joint Dysfunction

Treatments to Stop the Pain  
in as Little as 4-6 Sessions

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Appleton, WI  
June 12, 2019

Madison, WI  
June 13, 2019

Brookfield, WI  
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Sacroiliac  
Joint Dysfunction

Treatments to Stop the Pain  
in as Little as 4-6 Sessions

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EQUIPMENT  
TO BOOST  
RESULTS!

- Fully restore function in clients and prevent recurrence – master evidence-based assessment, interventions, exercises, and rehab plans in hands-on lab
- Prevent unnecessary surgeries, complications, and narcotic prescriptions with highly effective treatment protocols
- Improve clinical reasoning and differential diagnosis with easy testing procedures for the lumbar, spine, hip, SIJ, and pelvis
- Return your clients back to an active, pain-free life today

Appleton, WI  
Wednesday  
June 12, 2019

Madison, WI  
Thursday  
June 13, 2019

Brookfield, WI  
Friday  
June 14, 2019

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