

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

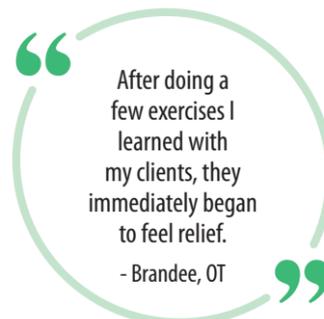
There will be two 15-min breaks (mid-morning & mid-afternoon).

Actual lunch and break start times are at the discretion of the speaker.

A more detailed schedule is available upon request.



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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 June 14, 2019
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Sacroiliac Joint Dysfunction

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

TAKE HOME FREE REHAB EQUIPMENT TO BOOST RESULTS!

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Wednesday
June 12, 2019

Madison, WI
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June 14, 2019



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Sacroiliac Joint Dysfunction

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

Your work with lower back pain can give clients their lives back, allowing them to once again enjoy the things that debilitating pain had taken from them.

But sacroiliac joint dysfunction (SIJD), the source of pain for one out of three clients with back pain, can mimic numerous back and hip dysfunctions frustrating your ability to identify the root of your client's problem. Ultimately, you can find yourself going down the wrong treatment path, leaving you feeling defeated and worried that your client will face surgery that you could have helped them avoid.

Feel your confidence grow and your skills sharpen as you gain new, evidence-based strategies to stop your clients' pain in as little as 4-6 sessions. Identify SIJD the first time by using special assessment tests and measures, so you can address the pain and restore function quicker. Utilizing case studies and demonstration lab time, you walk away from this workshop immediately ready to confidently tackle low back pain in your clients.



My left SIJ feels infinitely better than when I arrived. Thanks!

- Debra, MT



Speaker



SHANE MALECHA, PT, DPT, MS, CSCS, has been a physical therapist for the past 14 years, practicing in a variety of settings, including out-patient, in-patient, neurological rehabilitation, and sports medicine. One of his areas of specialization is in spinal assessments and rehabilitation along with falls prevention.

Dr. Malecha has practiced for Aegis Therapies since 2009. His other experiences include being a director of a home health agency and a staff clinician for an orthopedic/sports medicine clinic. Dr. Malecha has lectured extensively in the areas of medical screening for physical therapy, Lumbar/Thoracic and Cervical evaluation and treatment, vestibular rehabilitation, and falls prevention.

Speaker Disclosure:

Financial: Shane Malecha has an employment relationship with Aegis Therapies. He receives a speaking honorarium from PESI, Inc. Non-financial: Shane Malecha is a reviewer for the Journal of Orthopedic and Sports Physical Therapy. He is a member of the American Physical Therapy Association's Advisory Panel of Education.

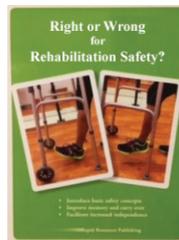
Objectives

- Categorize the signs and symptoms of SIJD with specialized tests and measures.
- Restate what muscles should be activated and inhibited to improve function.
- Evaluate the anatomy and biomechanics related to SIJD, including asymmetrical and symmetrical postural patterns, as well as the relationship between faulty respiration, posture, motor control, and SIJD.
- Analyze conservative interventions used to manage clients with SIJD by reviewing evidence-based research, case series, and a randomized control trial.
- Demonstrate therapeutic exercises that address asymmetries/pathomechanics postural patterns.
- Create a rehab program that addresses right, left, or bilateral SIJD.

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

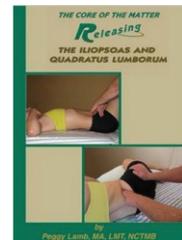
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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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OTHER PROFESSIONS: This activity qualifies for 360 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

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SACROILIAC JOINT DYSFUNCTION: TREATMENTS TO STOP THE PAIN IN AS LITTLE AS 4-6 SESSIONS

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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