

UNLOCKING THE MYSTERY OF THE PELVIS AND SACRUM

How the architecture of the pelvis and the SI Joint is key to stopping the pain

- Understanding spinal curvatures
- The biomechanics of the pelvis
- Impact of ligaments, body position, and gender on the pelvis and sacrum
- Nutation/counter-nutation of the sacrum
- Causes of SI joint dysfunction

Hands-On Lab

ASSESSMENT TESTS

The building blocks to better outcomes

- Iliac crest
- Rotation of ilium
- SI joint upslip
- Leg length discrepancy
- Pubic bone misalignment
- Sacral torsion



This course made a huge impact in my practice. I feel so much more confident working with the SI joint.

— Annie, DPT, CSCS

Live Seminar & Webcast Schedule

(Times listed in Mountain)

7:30: Registration/Morning Coffee & Tea

8:00: Program begins

Lunch: 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.

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Massage Therapists
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Exercise Physiologists
- Personal Trainers

Outline

Hands-On Lab

MUSCLE ENERGY TECHNIQUES

Techniques to correct core and SIJ misalignment

- High ilium
- Rotation of ilium (anterior)
- Upslip (SI Joint)
- Pubic bone
- Sacral torsion

Hands-On Lab

MUSCLE SWIMMING/ DEEP TISSUE STRATEGIES

Additional techniques to create new neuromuscular pathways

- Piriformis/external rotators
- Quadratus lumborum



I've seen greater results in my SNF from the techniques Peggy taught us.

— Amy, OT

What to Bring

- Massage table (if available)
- Yoga mat
- Comfortable clothing for lab



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Stabilizing the Core

& the SI Joint with

Muscle Energy Techniques

An Experiential Workshop to Restore Function and Eliminate Pain

Phoenix, AZ
September 12, 2019

Albuquerque, NM
September 13, 2019

Live Video Webcast
September 13, 2019

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Stabilizing the Core

& the SI Joint with

Muscle Energy Techniques

An Experiential Workshop to Restore Function and Eliminate Pain

- Tools to restore SI joint/sacrum and core dysfunction the next day
- Properly uncover the root causes of sacroiliac pain and dysfunction with precise assessment tests
- Increase mobility and restore function through osteopathic-derived muscle energy techniques
- Create new neuromuscular pathways for correct firing order to restore power, ease, and fluidity to the core



I got my client's hips level and sacrum back in place faster than I've ever done in 11 years – all because of Peggy's techniques.

— Leslie, LMT

Phoenix, AZ
Thursday, September 12, 2019

Albuquerque, NM
Friday, September 13, 2019

Live Video Webcast
Friday, September 13, 2019



REGISTER NOW: pesirehab.com/express/72108

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Stabilizing the Core & the SI Joint

with Muscle Energy Techniques

An Experiential Workshop to Restore Function and Eliminate Pain

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

But core misalignment and sacroiliac joint dysfunction (SIJD), the source of pain for one out of three clients with back pain, can mimic numerous dysfunctions that frustrate your ability to identify the root of your clients' 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 could be avoided.

This seminar will give you the skills and tools you need to properly stabilize the SIJD and core. Feel your confidence grow and your skills sharpen as you learn special assessment tests and measures, so you can address the pain faster; and evidence-based osteopathic-derived muscle energy techniques and neuromuscular therapy to restore function quicker.

Sign up today and experience the satisfaction of greater therapeutic success for your patients.

Speaker



PEGGY LAMB, MA, LMT, BCTMB, has been practicing massage since 1986 and is certified through the National Certification Board for Therapeutic Massage and Bodywork. She currently owns a private massage and movement therapy business, where she practices when she's not touring the country speaking. Ms. Lamb received her initial training at the New Mexico Academy of Massage and Advanced Healing Arts in Santa Fe, New Mexico, and at Wellness Skills, Inc., in Dallas, Texas. She taught clinical anatomy and physiology, trigger point therapy, and Swedish techniques at Wellness Skills, Inc., in Dallas and at Texas Healing Arts Institute in Austin. In addition to her extensive training in massage therapy, Ms. Lamb holds a master's degree in dance from American University in Washington, DC, where the concepts to body movement have been instrumental in her work with the core and low back. She also teaches dance and yoga and is a personal trainer. She is the author of *Releasing the Rotator Cuff*, *The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum*, and *Stretch Your Clients: The Bodyworker's Guide to Client Table Stretches*. Ms. Lamb brings her eclectic and extensive background into her teaching for an enlightening and enjoyable learning experience.

Speaker Disclosures:

Financial: Peggy Lamb maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Peggy Lamb has no relevant non-financial relationships to disclose.

Objectives

- Review the anatomy and the dynamic nature of the pelvic girdle and SI joint.
- Identify the principles of muscle energy techniques for lower back and SI joint.
- Pinpoint the causes of sacroiliac pain and dysfunction with proper assessments for the SI joint and core stabilizing tissue.
- Evaluate SI joint upslips and corrections.
- Create a rehab plan using techniques for restoring SI joint, sacral, and core function and mobility.
- Apply strategies for resolving functional scoliosis and sciatica.

Live Webcast Details and Live Webcast Continuing Education Credit Information

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The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Clark Christian at cchristian@pesi.com or 715-855-5261.

RELATED PRODUCTS [Save by including with your seminar registration]



The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum DVD

By Peggy Lamb, MA, LMT, BCTMB [YOUR SPEAKER!]

This DVD demonstrates the tools to restore power, ease, and fluidity to the low back and pelvis. Discover gentle and effective deep tissue protocols for releasing these muscles using Peggy's original and innovative Muscle Swimming approach. This is your complete guide to freedom from low back pain!



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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 cepesi@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.

How to Register:

STABILIZING THE CORE & THE SI JOINT WITH MUSCLE ENERGY TECHNIQUES: AN EXPERIENTIAL WORKSHOP TO RESTORE FUNCTION AND ELIMINATE PAIN

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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• **FREE Military Tuition:** 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. **Limited seats available; advance online registration required.**

• **\$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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