

## 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.

“ After doing a few exercises I learned from Kyndy with my clients, they immediately began to feel relief. - Brandee, OT ”

“ My left SIJ feels infinitely better than when I arrived. Thanks Kyndy! - Debra, MT ”

**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



#### Have a seminar idea? A manuscript to publish?

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

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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!

Manhattan, NY  
Wednesday, October 16, 2019

Uniondale, NY  
Thursday, October 17, 2019

Ronkonkoma, NY  
Friday, October 18, 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!

- 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

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

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# 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.

### SPEAKER

**KYNDALL BOYLE, PT, PhD, OCS, PRC**, is a licensed physical therapist who has worked in a variety of settings for the past 25 years: outpatient orthopedic, sports medicine, home health, skilled nursing, and acute care. Dr. Boyle is currently the Director and Owner of OPTimal Performance Physical Therapy in Boone, NC. In addition to the clinic, she served as a full-time faculty member for Doctor of Physical Therapy programs for 14 years. Dr. Boyle earned her BS in PT from the University of New Mexico, an MS from the UNC at Chapel Hill, and a PhD from Nova Southeastern University in Fort Lauderdale, FL. She is currently Board Certified in Orthopedics having earned her designation as an Orthopedic Clinical Specialist (OCS). In addition, Dr. Boyle studied Postural Restoration Concepts that later led to her certification (PRC). Because of her clinical experience, she has authored numerous peer-reviewed articles, abstracts, book chapters, and magazine articles. Dr. Boyle continues to be active in research relating to the management of musculoskeletal conditions.

Speaker Disclosure:  
Financial: Kyndall Boyle is director and owner of OPTimal Performance Physical Therapy. She receives a speaking honorarium from PESI, Inc.

Non-financial: Kyndall Boyle has no relevant non-financial relationship to disclose

### Objectives

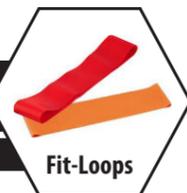
- ◆ Categorize the signs and symptoms of SIJD with specialized tests and measures.
- ◆ Restate what muscles should be activated and inhibited to improve function.
- ◆ Evaluate the anatomy and biomechanics related to SIJD, including asymmetrical and symmetrical postural patterns, as well as the relationship 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.

Free equipment reserved for attendees at live locations.

TAKE HOME FREE

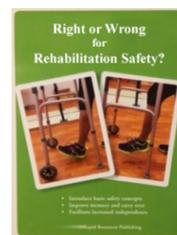
REHAB EQUIPMENT

TO BOOST RESULTS!



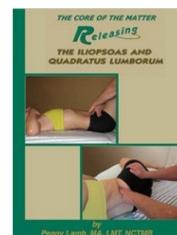
Fit-Loops aren't your average rehabilitative and therapeutic bands. Designed with comfort in mind, Fit-Loops are wider than other bands. The innovative loop design eliminates the need to tie knots in your band. Better yet, the bands are powder-free, eliminating the messy powder commonly found on other bands. Lightweight and portable, Fit-Loop bands can be used anywhere and offer patients an alternative to bulky weights.

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### Right or Wrong for Rehabilitation Safety?

Use these premium ring-bound sequencing cards in a variety of rehab settings to facilitate motor planning and cognitive progression, and to improve safety awareness, reasoning, and memory skills. They can also be used by family members to practice and reinforce therapy skills.



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

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!

Questions? Call customer service at **800-844-8260**



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.**

### Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. **NOTE: Boards do not allow credit for breaks or lunch.**

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](mailto: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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ATHLETIC TRAINERS:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.0 hours of Category A continuing education.



**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

**PERSONAL TRAINERS:** This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 0.6 CEUs. PESI, Inc. **Provider Number is 544.**

**MASSAGE THERAPISTS:** PESI, Inc. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #1808. This course is offered for 6.0 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.



**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NEW JERSEY PHYSICAL THERAPISTS OR PHYSICAL THERAPIST ASSISTANTS:** This course has been approved by the New Jersey Board of Physical Therapy Examiners for 6.0 credits. Board Course Number: 1810-07.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.2 Contact Hours.

**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.

### 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

### What to Bring

A small ball (6 inches in diameter) or towel or yoga block.

### ONLINE

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PLEASE RETURN ENTIRE REGISTRATION FORM

### ADA NEEDS

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.

### TUITION OPTIONS

• **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](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. **Advance registration required. Cannot be combined with other discounts.**

## How to Register

SACROILIAC JOINT DYSFUNCTION: TREATMENTS TO STOP THE PAIN IN AS LITTLE AS 4-6 SESSIONS  
Questions? Visit [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs), or call 800-844-8260

### 1 Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.

#### Mail Code:

See mail code box on address panel on reverse side

Name \_\_\_\_\_ Profession \_\_\_\_\_

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Dept. Ph ( ) \_\_\_\_\_

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\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

### 3 Check tuition:

Tuition with seminar manual

**\$219.99** – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

**\$239.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$39.95\*** *Right or Wrong for Rehabilitation Safety?* card deck
- \$40.00\*** *The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum* DVD

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

### 4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.  
Purchase orders welcome (attach copy).

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### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

**Sacroiliac Joint Dysfunction: Treatments to Stop the Pain in as Little as 4-6 Sessions**

— Seminar on DVD\* (video) \$219.99 (RNV021175)

— **Right or Wrong for Rehabilitation Safety?** card deck\* \$39.95 (SAM085565)

— **The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum** DVD\* \$40.00 (ZNV085590)

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
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