

The Combined Approach to the Sacroiliac Joint

Howard Turner BSc BAppSc MCSP

Tutor

Howard Turner holds a physics degree from Melbourne University and a physiotherapy degree from Latrobe University. He has lived in the UK since 1990, working in the NHS in London until 1994 and since in private practice. He has recently moved to live and practice in Cheshire. Howard was involved in the UK McConnell teaching programme 1995-2000, teaching shoulder and PFJ courses and lectures extensively in the UK and abroad. He compiled and began teaching the SIJ course in 1996.

Course Description

The course will cover manipulative, mobilisation and muscle energy techniques and exercise prescription for pelvic motion dysfunction. The course consolidates traditional models of pelvic girdle assessment and treatment with current research and philosophies of management. It aims to provide a straightforward yet comprehensive approach to the wide variety of pelvic disorders that present to manual therapists. Clinical reasoning models that are traditionally osteopathic in nature will be modified and updated to complement contemporary physiotherapy practice. Sacroiliac instability will be discussed in detail in view of current research on the functional anatomy and mechanics of stability of the region.

Components of the course have been taught on the Masters' programme at University College London and for the Manipulative Association of Chartered Physiotherapists.

Course Objectives

- To enhance the delegate's knowledge of sacroiliac biomechanics and pathomechanics in view of current management strategies and recent research findings
- To enhance delegate's manual skills in the effective management of sacroiliac dysfunction

Upon completion of the course, delegates should be able to perform the following:

- Assess and interpret pelvic motion patterns
- Effectively utilise muscle energy techniques, mobilisation and manipulation to optimise pelvic symmetry and motion
- Effectively manage sacroiliac instability with manual treatment and exercise programmes
- Integrate management of sacroiliac motion dysfunction with management of adjacent dysfunction
- Recognise the contribution of SIJ dysfunction to lower limb and other disorders

Day 1 (09.00 - 17.00hrs)	Day 2 (09.00 - 16.00hrs)
<ul style="list-style-type: none">• Introduction/Applied anatomy & biomechanics of the pelvis and pelvic girdle dysfunction• Utilising leg length discrepancy to assess the pelvis• Utilising leg length discrepancy to treat the pelvis• Assessing myofascial disorders of the pelvis – a modified osteopathic model• Treatment of myofascial presentations• 'Piriformis syndrome' – a demonstration of useful positional release and taping techniques to complement rehabilitation strategies	<ul style="list-style-type: none">• The biomechanics of pelvic stability and pelvic rehabilitation• Functional assessments of stability• Assessing intra-articular SIJ dysfunction• Passive movement assessment of the SIJ and interpretation• Treatment of intra-articular SIJ dysfunction• Specific tests of SIJ stability and accelerated rehab• Conclusions and Questions

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