

INSTRUCTOR



David K Thomas PT, MPA

I have spent more than 38 years in outpatient private practice specializing in orthopedic and sports therapy treating tens of thousands of patients with an eclectic approach. I served on the 2000 Olympic Trials TEAM, worked with the San Jose Dance Company, provided sports therapy to numerous HS Athletic programs, college and professional athletes as well as local Running Clubs and Triathletes while developing the Folsom Wellness & Sports Conditioning Center LLC in 2004. For the past 23 years I have also been the Owner and President of El Dorado Physical Inc. & El Dorado Physical Therapy Management LLC, developing 4 clinics, mentoring staff consisting of PTs, PTAs & ATCs, developing programs for the community as well as our profession. This *Practical Approach to the Treatment of Pelvic and Sacroiliac Dysfunction* is a culmination of my lifetime of experience and passion for helping patients along with their families.

Why You Should Attend This Course

This two-day seminar is designed to provide the Medical professional with a simplified evidence-based approach to managing dysfunctions of the pelvic girdle. Anatomy of the SI and pelvic girdle region and the evidence-based treatment theory form the foundation of the lecture. In-depth analysis of the biomechanics of the SI and pelvic girdle region are presented and form the basis for evaluation of alignment within the SI and pelvic girdle. The participants, through extensive Lab exercises, will be led through the development of treatment plans by applying muscle energy, joint mobilization and muscle re-education techniques. Course instruction will also focus on developing a working knowledge of the theory behind muscle energy and joint mobilization techniques combined with supporting evidence from the current literature. The practical application labs will be supplemented by lecture and group discussions. Efficacy of the various techniques for SI and pelvic girdle dysfunction will also be discussed in order to allow the participant to determine the best evidence based treatments for their clients. A course manual with illustrations and step-by-step instructions will assist the clinician in immediately and confidently applying these skills to their clinical setting. This information is essential to develop a comprehensive evaluation and treatment program for the SI and pelvic girdle region.

Certificates of attendance are provided upon successful completion of the course. This course is 16 contact hours/1.6 ceu's/ccu's. Approval amounts may vary by state.

www.folsomwellness.com

Register Online

Course Fee \$495

A Practical Approach

TREATMENT OF PELVIC AND SACROILIAC DYSFUNCTION

An Evidence-Based Course

David K. Thomas PT, MPA

El Dorado Physical Therapy
Inc.

1-916-595-3721

PT and PTA Continuing
Education Course

CPTA #22-107

COURSE OBJECTIVES/Description

Upon completion of this course, attendees should be able to:

- *Demonstrate understanding of pelvic and sacral movements and proper palpation of anatomical landmarks.
- *Complete a palpation and movement assessment to identify pelvic and sacroiliac dysfunctions.
- *Have an underlying understanding of MET, pelvic and SI dysfunction, and be able to apply them in their treatment setting.
- *Correlate assessment findings with patient complaints.
- *Demonstrate proper muscle energy techniques for treating pelvic and sacral asymmetries and dysfunctions found during the assessment.

Low back pain is one of the most prevalent and costly ailments seen in a variety of healthcare settings. Diagnosing and treating low back pain can be challenging and frustrating. Due to the complex nature of the lumbosacral region, the root cause of lower back pain is often elusive. This course intends to simplify evaluation and treatment for the most common pelvic and sacroiliac joint dysfunctions from a manual therapy perspective. This intensive manual therapy course presents the use of mechanical movements as part of the evaluative process to lead to proper selection of techniques to address joint dysfunctions and muscular imbalances of the pelvis, sacrum and lumbo-sacral junction (Max 16:1 ratio). The emphasis of this course will be on performance of Muscle Energy and Soft Tissue Mobilization Techniques. This course will provide the participant with the understanding and necessary skills to enhance clinical reasoning and manual skills to apply these techniques in the clinical environment immediately.

Day One

7:30-8:00	Registration
8:00-8:45	Introduction to Muscle Energy Techniques
8:45-9:30	Principles of Muscle Energy Techniques
9:30-9:45	Break
9:45-10:45	Anatomy, Physiological & Arthrokinematic Movements
10:45-12:00	Landmark Palpation Lab
12:00-1:00	Lunch on your Own
1:00- 1:45	Motion Palpation Lab
1:45-2:45	Asymmetries and the Indicated Dysfunctions
2:45-3:45	Innominate Dysfunctions & Treatments
3:45-4:00	Break
4:00-5:00	Correlations
5:00-5:45	Case Study
5:45-6:00	Questions & Review

Day Two

8:00-8:30	Questions & Review
8:30-9:00	Pubic Dysfunctions
9:00-9:45	Treatment Considerations
9:45-10:00	Break
10:00-11:30	Sacral Dysfunctions
11:30-12:30	Lunch on your Own
12:30-2:15	Treatment Considerations
2:15-3:30	Putting Together all the Pieces
3:30-4:30	Case Study
4:30-5:00	Questions & Review
5:00	End of Session

**Cancellations made a full 60 calendar days prior to the start of the course will receive a full refund. Any cancellation less than 60 days in advance will receive a credit towards a future class based on availability.