

Outline

THE ROLE OF THE ILIOPSOAS IN LOW BACK AND PELVIS HEALTH

Anatomy of the iliopsoas
Role of the iliopsoas in joint centration
Case and prevention of low back pain as related to the iliopsoas

HOW BEST TO TREAT THE ILIOPSOAS

Importance of client education and safety
Muscle Swimming – unique combination of several manual therapies
Positional Release: a safe alternative to direct palpation
Muscle Energy Techniques (MET)

Case studies

ASSESSMENT TESTS FOR THE ILIOPSOAS – LAB

How to best test for short psoas
How to best test for pelvic rotation
Positional release for short psoas
MET corrections for pelvic rotation

Demo and Practice: examination for short psoas and pelvic rotations

STRATEGIES FOR THE SECONDARY THIGH FLEXORS – LAB

Identification of common trigger points in secondary thigh flexors
Palpation of secondary thigh flexors

Demo and Practice: techniques to release secondary thigh flexors

STRATEGIES FOR THE ILIOPSOAS – LAB

Identification of common trigger points in the iliopsoas
Palpation of the iliopsoas
How to best “swim” through abdominal muscles

Demo and Practice: techniques to release the iliopsoas

Objectives

- 1. Review the anatomy of the low back and pelvis and what role the iliopsoas plays.
- 2. Identify assessment tests for a short iliopsoas and rotated pelvis.
- 3. Examine trigger point referral patterns of the iliopsoas.
- 4. Practice techniques for palpating, stretching, and releasing the iliopsoas and secondary thigh flexors.
- 5. Incorporate trigger point, myofascial, and deep tissue techniques to gently and effectively release the iliopsoas/secondary thigh flexors and ultimately save your hands.
- 6. Discuss strategies for avoiding reoccurring injuries of the low back and pelvis.

Target Audience

Physical Therapists • Physical Therapist Assistants • Massage Therapists
Occupational Therapists • Certified Occupational Therapy Assistants
Athletic Trainers • Certified Strength and Conditioning Specialists
Exercise Physiologists • Personal Trainers • Rehab Nurses

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 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.

Questions?
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Release the Iliopsoas

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

Fairfax, VA September 25, 2019

Silver Spring, MD September 26, 2019

Columbia, MD September 27, 2019

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PESI Rehab

Release the Iliopsoas

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

- Fully restore function in clients and prevent recurrence – master evidence-based assessment and interventions in hands-on lab
- Prevent unnecessary surgeries, complications, and narcotic prescriptions with highly effective treatment protocols
- Increase your skills and confidence as a manual therapist
- Return your clients back to an active, pain-free life today

Fairfax, VA Wednesday September 25, 2019

Silver Spring, MD Thursday September 26, 2019

Columbia, MD Friday September 27, 2019

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Release the Iliopsoas: Strategies 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 the iliopsoas, the biggest factor in low back or pelvis pain, can mimic numerous back and hip dysfunctions frustrating your ability to identify the root of your clients’ problem. Not only that, but the iliopsoas is a difficult muscle to palpate, leaving you feeling hesitant and uncertain in your treatment plan. Ultimately, you can find yourself going down the wrong treatment path, feeling defeated and worried that your client will face surgery that you can have helped them avoid.

Feel your confidence grow and your skills sharpen as you gain new, evidence-based strategies to release the iliopsoas and stop the pain in as little as 4 to 6 sessions. Identify the root of the problem 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 and pelvis pain in your clients.

Peggy Lamb, LMT, has spent the last 30 plus years as a manual therapist. In that time, she has treated numerous low back and pelvic dysfunctions by effectively releasing the iliopsoas, giving her clients a new lease on life. Her experience and knowledge will allow you to also safely and gently release the fascial tissue so you can easily and confidently do the same for your clients.

Sign up today!



After doing a few exercises I learned from Peggy with my clients, they immediately began to feel relief.

— Steven, OT



As a fitness trainer and massage therapist, this course was invaluable to me and my clients.

— Rod, LMT



This class blew my mind on how easy and effective it can be to treat someone with back or pelvis pain.

— Courtney, PT

Speaker



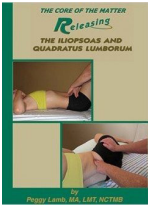
PEGGY LAMB, MA, LMT, BCTMB, has been a manual therapist and bodyworker since 1986 and is certified through the National Certification Board for Therapeutic Massage and Bodywork. She currently owns a private massage and movement therapy business, where she practices when she’s not lecturing. Ms. Lamb 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. 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 is an approved CE provider for the Texas Department of Health, the National Certification Board for Therapeutic Massage and Bodywork, and the Florida Department of Health. In addition, she has presented nationally at many AMTA state chapter conventions. Ms. Lamb brings her eclectic and extensive background into her teaching for an enlightening and enjoyable learning experience. For more information on Ms. Lamb, or to order her products, visit pesi.com.

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.

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By Peggy Lamb, MA, LMT, BCTMB SEMINAR SPEAKER

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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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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.



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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 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary by state/ jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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OTHER PROFESSIONS: This activity qualifies for 380 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.

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