

Outline

UNLOCK THE MYSTERY OF THE PIRIFORMIS AND QUADRATUS LUMBORUM

- How the piriformis and the quadratus lumborum impact the SIJ
- The biomechanics of the pelvis
- Why low back pain is simple yet complex
- Impact of spinal curves and coupled spinal movement
- Sacral movement and its relationship to the piriformis

HOW BEST TO RELEASE THE PIRIFORMIS AND QUADRATUS LUMBORUM

- Importance of patient 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

PIRIFORMIS AND DEEP LATERAL ROTATORS

UPGRADE YOUR ASSESSMENT TESTS TO FIND THE ROOT CAUSE FASTER

- Short piriformis
- Piriformis syndrome
- Positional release
- MET technique for short piriformis
- Demonstration and practice: LAB

TECHNIQUES TO REACH THE PAIN, ELIMINATE IT AND RESTORE FUNCTION

- Pin and rock technique
- Pin and move technique on trigger points
- Cupping
- Assisted table stretch for piriformis
- Demonstration and practice: LAB

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.

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

"After doing a few exercises I learned from Peggy with my patients, they immediately began to feel relief." Steven, OT

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

QUADRATUS LUMBORUM
UPGRADE YOUR ASSESSMENT TESTS TO FIND THE ROOT CAUSE FASTER

- High iliac crest
- MET corrects for high iliac crest
- Positional release for short quadratus lumborum
- Demonstration and practice: LAB

STRATEGIES TO REACH THE PAIN, ELIMINATE IT AND RESTORE FUNCTION

Standing techniques

- Assessment of QL length from side-bending
- Standing papation
- Demonstration and practice: LAB

Prone techniques

- Skin rolling
- Warming the tissue
- Assessing the tissue
- Cupping
- Demonstration and practice: LAB

Side-lying techniques

- Fascial lengthening
- Warming the tissue
- Practice muscle swimming strategies for release
- Pin and rock
- Cupping
- Pin and move technique on TP's
- Demonstration and practice: LAB

Additional techniques to create new neuromuscular pathways

- Stretching techniques
- Demonstration and practice: LAB

REHAB SUMMIT

LAS VEGAS

July 29–August 1, 2020

rehabsummit.com

FREE
- CE -
ONLINE COURSE

Introductory
Survival Spanish
for Healthcare Providers

Up to 1 CE HOUR

HURRY OFFER EXPIRES
October 15, 2019

rehab.pesi.com/freespanish

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

Bring any training
in-house!

Convenient • Cost-Effective • Customizable

for more information visit
www.pesirehab.com/inhouse

PESI Rehab
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Manual Therapy for the
Piriformis &
Quadratus
Lumborum

The Solution to Back and Pelvic Pain You Are Missing

Grand Rapids, MI
Wednesday
November 20, 2019

Ann Arbor, MI
Thursday
November 21, 2019

Sterling Heights, MI
Friday
November 22, 2019



REGISTER NOW: pesirehab.com/express/73558

Manual Therapy for the
Piriformis &
Quadratus
Lumborum

The Solution to Back and Pelvic
Pain You Are Missing

- Master innovative yet non-invasive techniques to treat hard to reach muscles
- Eliminate pain and restore function and fluidity
- Prevent unnecessary surgeries, complications, and narcotic prescriptions
- Return your patients back to an active, pain-free life today

Grand Rapids, MI
Wednesday
November 20, 2019

Ann Arbor, MI
Thursday
November 21, 2019

Sterling Heights, MI
Friday
November 22, 2019



REGISTER NOW: pesirehab.com/express/73558

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Manual Therapy for the Piriformis & Quadratus Lumborum

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

The piriformis and quadratus lumborum, often-missed muscles in back and pelvic pain, can mimic other dysfunctions frustrating your ability to identify the root of your patients’ problem. Not only that, the piriformis and quadratus lumborum are difficult muscles to palpate, leaving you feeling hesitant and uncertain in your treatment plan.

Don’t go down the wrong treatment path, feeling defeated and worried that your client will face surgery that you can help them avoid.

Feel your confidence grow and your skills sharpen as you gain new, evidence-based strategies to release the quadratus Lumborum and piriformis 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 will walk away from this workshop immediately ready to confidently tackle low back and pelvis pain in your patients.

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 these two difficult and often overlooked muscles, giving her patients a new lease on life. Her experience and knowledge will allow you to do the same for your patients.

So sign up today to confidently and effectively treat low back and pelvic pain in your patients!

Speaker



PEGGY LAMB, MA, LMT, BCTMB, has been a manual therapist and bodyworker for over 30 years and is certified through the National Certification Board for Therapeutic Massage and Bodywork. She 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 Patients: 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.

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

1. Classify the anatomy of the low back and pelvis and what roles the piriformis and quadratus lumborum play.
2. Identify assessment tests for a short piriformis and piriformis syndrome.
3. Examine trigger point referral patterns of the piriformis and quadratus lumborum.
4. Practice techniques for palpating, stretching, and releasing the piriformis and lateral rotators.
5. Create plan of care using standing, prone, and side-lying techniques to gently and effectively release the quadratus lumborum and ultimately save your hands.
6. Discuss strategies for avoiding reoccurring injuries of the low back and pelvis.

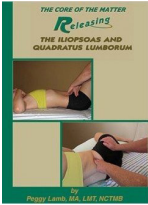


PESI, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?
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.

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

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 **SEMINAR 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!



ROCKPODS™ by **ROCKTAPE™**

ROCKTAPE'S ANSWER TO CUPPING THERAPY

Highly effective for addressing pain, sprains, strains, swelling, tendinopathies, and more, RockPods are RockTape's answer to cupping therapy. Made of 100% surgical-grade silicon, each kit contains 8 cups of one-piece construction.

INCLUDES: • 4 large cups designed to target large body regions
• 4 small cups for small body regions and hard-to-reach areas
• Convenient, durable EVA carry case

EXCLUSIVE PRICE
\$49

SAVE 44%

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 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 6.25 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 7.0 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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 6.25 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.

Michigan Physical Therapists & Physical Therapist Assistants: PESI, Inc. is an approval provider by the Michigan Physical Therapy Association. This activity qualifies for 6.5 contact hours.

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.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD 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.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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 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.

How to Register

MANUAL THERAPY FOR THE PIRIFORMIS & QUADRATUS LUMBORUM
Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

ONLINE

pesirehab.com/express/73558

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI Rehab
PO Box 1000
Eau Claire, WI
54702-1000

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 _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

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

2 Check location: *(make copy of locations)*

☐ **GRAND RAPIDS, MI**

November 20, 2019

DoubleTree Grand Rapids Airport
4747 28th St SE • 49512
(616) 957-0100

73558GRA

☐ **ANN ARBOR, MI**

November 21, 2019

Wyndham Garden Ann Arbor
2900 Jackson Ave • 48103
(734) 665-4444

73558ANN

☐ **STERLING HEIGHTS, MI**

November 22, 2019

Wyndham Garden Sterling Heights
34911 Van Dyke Ave • 48312
(586) 979-1400

73558STE

PLEASE RETURN ENTIRE REGISTRATION FORM

Register now!

pesirehab.com/express/73558

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 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 or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.



3 Check tuition:

TUITION with seminar manual

\$209.99 – choose one of the options below:

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

☐ **\$229.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

☐ **\$40.00* The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum DVD**

☐ **\$49.00* RockPods Cupping Set**

*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).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR? See below for individual product orders

Manual Therapy for the Piriformis & Quadratus Lumborum

— **\$219.99*** Seminar on DVD (RNV063805)

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

— **\$49.00* RockPods Cupping Set** (OEQ085675)

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item + \$2.00 each add'l item.

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

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____



FOR OFFICE USE ONLY
Fed ID # 26-3896894 © 2019 PESI, Inc.

CC