

Outline

ANATOMY: OVERVIEW

- The architecture of the pelvis
- Understanding spinal curvatures
- Piriformis and the sciatic nerve
- Nutation/counter-nutation of the sacrum
- Anatomy of SI joint
- Causes of SI joint dysfunction

ASSESSMENT TESTS (VIRTUAL LAB)

- High ilium
- Rotation of ilium
- Upslip of SI joint
- Leg length discrepancy
- Pubic bone misalignment
- Sacral torsion
- Piriformis Syndrome

CORRECTIONS (VIRTUAL LAB)

- High ilium
- Rotation of ilium (anterior)
- Upslip of SI joint
- Pubic bone misalignment
- Sacral torsion
- Strategies and protocols to restore a normal soft tissue environment for gluteus maximus and piriformis muscles

Objectives

1. Evaluate the anatomy and the dynamic nature of the sacrum and SI joint.
2. Diagnose the causes of sacroiliac pain and dysfunction.
3. Evaluate assessment tests of the SI joint and core stabilizing tissue.
4. Evaluate SI joint up-slips and corrections.
5. Practice techniques for restoring SI joint, sacral, and core function and mobility.
6. Apply strategies for resolving functional scoliosis and sciatica.

Target Audience:

Massage Therapists • Physical Therapists • Physical Therapist Assistants
Occupational Therapists • Occupational Therapy Assistants • Athletic Trainers
Personal Trainers

"I loved this seminar. The professor was excellent. She did a great job describing the technique, then visually demonstrating while giving step-by-step instruction. And I loved this format as I could do it at my own pace and pause to take extra notes."

- Emily R.,
Massage Therapist

Live Webinar Schedule (Times listed in Central)

12:00 Program begins
3:15 Program ends

There will be a 15-min break mid-afternoon.
Break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesirehab.com/info or 800-726-3888 and we will make it right.

FREE

Watch
the first
10 minutes
FREE

Get yours today at
pesirehab.com/1373video



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesirehab.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

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

Join us online for this live training!

A Manual Therapy Approach to STABILIZING the Core & SI Joint

Live Interactive Webinar
Wednesday, June 29, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW: pesirehab.com/webcast/87433

Join us online for this live training!

A Manual Therapy Approach to STABILIZING the Core & SI Joint

- Actionable techniques to quickly restore SIJ/sacrum and core function
- Precise assessments to uncover the root cause of SI pain and dysfunction
- Increase mobility and reduce pain through osteopathic-derived MET
- Create new neuromuscular pathways that restore power, ease and fluidity to the core

Live Interactive Webinar
Wednesday, June 29, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW: pesirehab.com/webcast/87433

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

A Manual Therapy Approach to STABILIZING the Core & SI Joint

Restoring a Stable Base

When there is misalignment in the core, it spirals out to the whole body.

In my 30-year career as a body worker, I've narrowed in on assessments and hands on techniques that have completely changed my practice. This whole body approach to the core and SIJ has helped to quickly resolve issues related to chronic pain in the shoulder, neck, back, hip and more!

You'll learn effective manual therapy techniques for treating the most common dysfunctions you face including:

- High ilium
- Rotation of ilium (anterior)
- Upslip of SI joint
- Pubic bone misalignment
- Sacral torsion

This lab-intensive training is essential for anyone who uses manual therapy to achieve optimal outcomes for their clients. I'll guide you through innovative and comprehensive strategies, including osteopathic-derived muscle energy techniques and neuromuscular therapy to restore the core and the SI joint.

Propel your treatment forward with these techniques that are sure to boost your referrals!

- Peggy Lamb, MA, LMT, BCTMB

PESI Offers Group Discounts! To save on groups of 5 or more, contact us at pesirehab.com/info!

Questions?

Visit our FAQ page at pesirehab.com/faq or contact us at pesirehab.com/info.

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 **Celestee Roufs** at croufs@pesi.com or call **715-855-5229**.

Meet Your 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 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, 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 Disclosure:

Financial: Peggy Lamb maintains a private practice. She receives a speaking honorarium and consulting fees from PESI, Inc. Ms. Lamb is a published author and receives royalties. She has no relevant financial relationships with ineligible organizations.

Non-financial: Peggy Lamb has no relevant non-financial relationships.



**ORTHOPEDIC & NEURO
REHAB SUMMIT**
Powered by: PESI Rehab
Join in person or virtually!

Ceasars Palace, Las Vegas
October 5 - 8, 2022
www.rehabsummit.com

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Physical Therapists and Occupational Therapists.**

For specific credit approvals and details, visit pesirehab.com/webcast/87433

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

Earn up to
6.25 CE
Hours for one
low price!

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/87433>.

Self-study credit: To check availability for your profession, go to pesirehab.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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 Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesirehab.com/webcast/87433

SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesirehab.com/webcast/87433

Live Interactive Webinar *(Option 1)*

June 29, 2022 [PWZ87432]

\$149.99 tuition

12:00 to 3:15pm Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesirehab.com/info to save for groups of 5 or more

On-Demand Digital Seminar *(Option 2)*

\$149.99 [POS065135]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit pesirehab.com or call 800-726-3888 to check for availability.

DVD *(Option 3)*

\$149.99 [RNV065135]

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit pesirehab.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



From Ouch to Aah! Shoulder Pain Self Care

Peggy Lamb, MA, LMT, BCTMB

~~\$19.95~~ **\$17.99***

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

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

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesirehab.com/faq or contact us at pesirehab.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

