

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
- MEG technique for short piriformis

TECHNIQUES TO REACH THE PAIN, ELIMINATE IT AND RESTORE FUNCTIONS

- Pin and rock technique
- Pin and move technique on trigger points
- Cupping
- Assisted table stretch for piriformis

Objectives

1. Evaluate the anatomy and the dynamic nature of the sacrum and SI joint to increase mobility for ADLs and functional independence.
2. Diagnose the causes of sacroiliac pain and dysfunction.
3. Integrate assessment tests of the SI joint and core stabilizing tissue to identify mobility restrictions and functional impairments.
4. Evaluate SI joint up-slips and utilize corrections that decrease pain and facilitate return to meaningful occupations.
5. Practice techniques for restoring SI joint, sacral, and core function and mobility that decrease pain and increase independence.
6. Apply strategies for resolving scoliosis and sciatica that allow the patient to return to functional activity.

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

STRATEGIES TO REACH THE PAIN, ELIMINATE IT AND RESTORE FUNCTION

- Standing techniques
 - Assessment of QL length from side-bending
 - Standing palpation
- Prone techniques
 - Skin rolling
 - Warming the tissue
 - Assessing the tissue
 - Cupping
- 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
- Additional techniques to create new neuromuscular pathways
 - Stretching techniques

Live Webinar Schedule

(Times listed in Central)

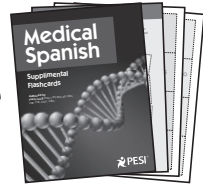
12:00pm Program begins

3:15pm Program ends

There will be a 15-min break mid-afternoon.
Actual break start time is at the discretion of the speaker.
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Manual Therapy for the Piriformis & Quadratus Lumborum

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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.

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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 t 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.

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