



S4 - Functional Analysis and Management of the Lumbo-Pelvic-Hip Complex

Tuition: \$545 (plus \$190 per credit hour if taken for graduate credit)

Hours: 15 or 1.5 CEUs or 2 graduate credits

Prerequisite: S1

Who Attends: Physical Therapists

A biomechanical and neurophysiological approach to the lumbo-pelvic-hip complex is presented. Emphasis is placed on the functional relations within this region so as to understand pelvic girdle dysfunction. Research documentation of the anatomical and mechanical roles of the related structures is provided. Topic areas include: functional anatomy, biomechanics of the sacroiliac and pubic joints, muscular and ligament influences, select pathologies, effects of the pregnancy, labor and delivery as well as dysfunction in the form of pathomechanics and pathophysiology. Laboratory experience involves the demonstration and practice of clinical evaluation methods for assessing dysfunction in the lumbo-pelvic-hip complex. The evaluation process approaches the problem from both joint and muscular standpoints. Treatment of pelvic dysfunction is also multi-dimensional and therefore soft tissue and joint mobilization is offered. In addition, time is provided for an introduction to the concepts and application of techniques such as positional release, respiratory assist mobilization and muscle energy. Patient education strategies integrating therapeutic exercise with manual interventions will be presented. Methods for self mobilization and stabilization are demonstrated. Additional suggestions relating to bracing, injection or ADL may also be included in management.

Learning Outcomes:

At the completion of this seminar, the attendee should be able to:

- Demonstrate knowledge as well as clinical understanding of the functional anatomy in the lumbo-pelvic-hip complex
- Practically relate the biomechanics of the lumbo-pelvic-hip complex to patient evaluation and treatment
- Possess knowledge of pelvic dysfunction with respect to altered joint mechanics and abnormal neuromuscular behavior
- Identify the potential relationship between pain and dysfunction with consideration of the biomechanical interdependency exhibited within the lumbo-pelvic-hip complex
- Be able to treat pelvic girdle dysfunction using various manual therapy strategies such as myofascial release, respiratory assist mobilization, joint mobilization, and neuromuscular therapy (i.e. muscle energy, PNF)
- Integrate home instruction strategies with manual intervention to facilitate improvement in pelvic girdle function and assist in pain relief
- Be stimulated to pursue additional reading, course work or research in the pelvic girdle system

DAY ONE	DAY TWO
8:30 - 10:00 Lumbo-Pelvic-Hip Functional Anatomy	8:00 - 10:00 Finish Supine Testing, Sidelying Passive Movement and Neuromuscular Testing
10AM BREAK	10AM BREAK
10:15 - 12:30 Biomechanics of the Pelvic Girdle	10:15 - 11:00 Structural, Soft Tissue, Passive-Movement-Neuromuscular Testing in Prone 11:00 - 11:45 Myofascial Therapy 11:45 - 12:30 Pube and Sacral Mobilization
LUNCH HOUR	LUNCH BREAK
1:30 - 3:00 Pube, Sacral and Iliac Dysfunction	2:00 - 2:30 Iliac Mobilization 2:30 - 3:15 Neuromuscular Therapy
1:15 - 2:00 Sacral Mobilization	
3PM BREAK	3PM BREAK
3:15 - 4:45 Structural & Active Movement Evaluation in Standing and Sitting 4:45 - 5:30 Structural, Soft Tissue and Passive Movement Evaluation in Supine	3:30 - 4:45 Patient Education Strategies/Questions

Richard E. Nyberg, Assistant Professor

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Rich has been involved in the continuing education and graduate programs of the Institute of Physical Therapy faculty since 1978. He currently teaches the S4 seminar as well as participates in the Manual Therapy Certification process for the University of St. Augustine for Health Sciences. His clinical practice is in an outpatient physical therapy facility in Atlanta called the Atlanta Back Clinic which focuses on spinal orthopaedic conditions. His major interest relates to the functional integration of the lumbopelvic-hip complex. In addition, Rich has a faculty appointment in the Division of Physical Therapy at Emory University where he is involved in both teaching and research.

Elaine Lonnemann, Assistant Professor

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OCS Orthopedic Speciality Council, ABPTS
MTC University of St. Augustine for Health Sciences
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Dr. Lonnemann has been a member of the Institute of Physical Therapy faculty since 1993, when she complete the residency program with the Insitute. She has been involved in both the continuing education as well as graduate degree programs since 1998. She teaches in the online division at the University of St. Augustine. She is an Assistant Professor at Bellarmine University in Louisville KY where she teaches in the orthopaedic tract of the Physical Therapy program. She is a certified specialist in Manual Physical Therapy. She serves as the Secretary for and is a Fellow Member of the American Academy of Orthopaedic Manual Physical Therapists.