Course Description

This course reviews advances in science and presents a clinical method for assessment and treatment based on the Integrated Systems Model (ISM)* This model will be applied to understanding links between poor load transfer and recurrent lower extremity problems.

The pelvis is a key area of load transfer between the lower extremity and the spine. Poor control of pelvic joints, non-optimal muscle synergies, and altered alignment may affect efficiency and length -tension relationships of the muscles attaching to the pelvis. Excessive compression and tension loading through various structures of the hip and knee can predispose the athlete to injury in the lower extremity, and if not corrected, precipitate re-injury. Effective treatment requires careful assessment of the pelvis, with particular attention to function. A key focus will be differential diagnosis and how to determine when dysfunction in the pelvis, painful or not, is a key factor in hamstring, groin, and knee problems.

This course combines lecture, discussion, and lab sessions for an integrative educational experience that will provide evidence-based assessment and treatment skills you can use immediately in your practice.

*Lee, D, Lee, LJ (2010, in press). *The Pelvic Girdle (4th Ed.).* New York: Elsevier Press.

COURSE LOCATION:
Stanford Medicine Outpatient Center
450 Broadway, Pavilion B2
Redwood City, CA

Mailing address:
Rehabilitation Services MC 5284
300 Pasteur Dr.
Stanford CA 94025
650-498-7812 phone
650-725-5433 fax

STANFORD
HOSPITAL & CLINICS
Stanford University Medical Center

Discover the Sports Pelvis

The role of the pelvis in recurrent groin, knee, and hamstring problems

Diane Lee

BSR, FCAMT, CGIMS

Linda Joy Lee

BSc, BSc(PT), FCAMT, CGIMS, PhD Candidate

November 6-8, 2010
8:30-4:30p
450 Broadway
Pavilion B - Floor 2
Redwood City, CA

FACULTY

About Diane Lee and Linda-Joy Lee

Diane and LJ are internationally respected physiotherapists and educators. They are Fellows of the Canadian Academy of Manipulative Therapy (FCAMT) and certified in Intramuscular Stimulation (CGIMS). LJ and Diane each have their own clinics in Canada where they mentor a team of physiotherapists.

Diane and LJ's work is characterized by innovation, integration, and inspiration. They have developed new clinical assessment and treatment techniques, are current with relevant science, and integrate both research and clinical expertise into their practice and educational courses. They believe in the ability to facilitate change, to grow and learn, and their work reflects the evolution of ideas and growth over time. They have developed, co-authored and co-produced books, book chapters, multi-media projects, and peer-reviewed journal articles.

Their joint passion in Discover Physio is to help patients and therapists explore the possibilities and reach their potential through innovative, high-quality educational experiences.

Visit http://discoverphysio.ca/ for info.

COURSE OBJECTIVES

The course will cover :

- Principles of *The Integrated Systems Model (ISM)* and the evidence that supports it
- Current models of how the joints of the trunk, pelvis, and hips are stabilized during different tasks and the relationship between stability and performance of the whole body system
- Clinical tests for analyzing the strategy used for tasks that load the pelvis, as well as tests to differentiate the role of each system (articular, myofascial, neural, visceral) in the picture (for the sacroiliac joint, pubic symphysis, and hip)
- How to clinically reason the results of multiple test findings using the *Clinical Puzzle*
- Developing a prescriptive multimodal treatment program based on clinical reasoning, including when and how to use manual therapy, dry needling, education, and exercise
- How to use taping and external supports of the pelvis during sport to augment training
- Specific techniques for SIJ and hip release and align these joints
- Training new motor strategies for full return to sport and activity

REGISTRATION

EARLY REGISTRATION $750
After August 31 $850
(lunch provided)

Name:

_____

PT License # _____

E-mail (please print clearly):

_____

Address:

_____

_____

Amount: ____ **Phone:** _____

Credit Card Number:

_____

Visa ☐ MC ☐ Expiration Date: _____

Checks Payable to Stanford Hospital

Mail registration and payment (check or credit card) to:
Debby Bolding
Rehabilitation Services
300 Pasteur Drive MC 5284
Stanford CA, 94305
OR Fax to: 650-725-5433

For hotel or other information, contact dbolding@stanfordmed.org