



MANAGING MOVEMENT: SOLUTIONS FOR THE SACROILIAC JOINT & PELVIS MASTER CLASS

What's involved?

This module is delivered over four days (24 hours) during which learners are guided through the programme and complete practical assessments.

For added reassurance, each learner is assessed throughout the course using a range of practical demonstrations and learning checks designed to support your successful integration of the content into your clinical practice.

To ensure you get the most effective learning experience, learners must be physically able to participate as you will be required to participate in practical scenario-based training sessions.

What will I learn?

Key learning outcomes are:

- Understand the development of uncontrolled movement.
- Analyse the inter-relationship between restriction and compensation in articular and myofascial tissues.
- Identify and palpate all relevant landmarks, ligaments and muscles of the lumbopelvic region.
- Understand how the articular structure, muscles and ligaments interact to optimise or compromise lumbo pelvic function.

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- Perform and interpret the relevance of tests of sacro-iliac complex mobility.
- Based on a sequence of testing, be able to diagnose the site and direction of uncontrolled sacro-iliac complex motion.
- Perform and interpret tests of sacro-iliac articular hypermobility.
- Perform and interpret tests of sacro-iliac self-locking to identify functional 'instability' within the sacro-iliac complex.
- Evaluate the recruitment efficiency of the local stabiliser role synergists of the sacro-iliac complex and identify enhance recruitment strategies for each muscle, for different individuals.
- Assess and retrain local stabiliser role synergist function at the sacro-iliac complex.
- Using a clinical reasoning process, demonstrate the ability to choose the appropriate muscle and recruitment strategy to more efficiently manage the identified functional self-locking problem.
- Based on a diagnosis of the site and direction of uncontrolled sacro-iliac complex motion, identify and assess the effectiveness of global stabiliser role synergists to address uncontrolled movement.