

## Course Description

This 2-day interactive seminar is designed to provide the Physical Therapist with the knowledge and clinical techniques to evaluate, diagnosis and treat primary problems of the sacroiliac (S.I.) joints & pelvis. Emphasis will be placed upon the important differential diagnosis of lumbar versus sacroiliac dysfunction. This will consist of an overview of anatomy and biomechanics of the pelvis, especially in regards to it's relation to the spine and lower extremities. This course will attempt to assist the therapist in determining not only symptomatic involvement of the S.I. joint, but also the status of the mobility of the joint(s) as well. A comprehensive approach to management of the S.I. region will include both joint and soft tissue treatment.

## Course Objectives

1. Describe the components of the objective examination of the pelvis.
2. Determine the possible relationship between structure and function of the tissues of the musculoskeletal system as it relates to the pelvis.
3. Describe the principles of 'selective tissue tension' in diagnosis of lesions of the pelvic region.
4. Describe the basic biomechanics of the spine, focusing on the lumbar and sacroiliac regions.
5. Describe the facilitators and restrictors of motion as they relate to individual segments of the spine and pelvis.
6. Discuss the most common pathological processes of the pelvis, from trauma to diseases involving the sacroiliac joint.
7. Describe the clinical presentation of the most common pathologies of the spine and pelvis.
8. Describe and demonstrate palpation of important anatomical structures of the lumbo-sacral region.
9. Demonstrate appropriate psychomotor skills in performing manual techniques of the examination of the lumbo-sacral region.
10. Describe and demonstrate the primary differences between lumbar and sacroiliac dysfunction.
11. Describe common clinical techniques in the treatment and overall management of sacroiliac pain and dysfunction.
12. Describe and demonstrate several effective joint and soft tissue treatment techniques for pain and dysfunction of the pelvic region.

## Course Outline

Newsome Physical Therapy Center  
Crest Hill (815) 836-3403

Please bring shorts for the lab portion of the course.

Friday 11/16/07

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- 1:00** Course Introduction & Pre-test  
**1:30** Musculoskeletal anatomy & biomechanics of the joints of the pelvis  
**3:00** Principles of examination of the pelvis & literature review  
**4:30** BREAK  
**4:45** Palpation of MSS & Non-MSS structures of the pelvic region  
**7:00** Review - questions - day conclusion

Saturday 11/17/07

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- 8:00** Questions & review of day one.  
**8:30** Examination of the lumbosacral region  
**10:00** BREAK  
**10:15** Review and patient demonstration examination of the lumbosacral region  
**12:00** LUNCH  
**1:00** Overview of common pelvic pathologies  
**2:00** Overview of treatment principles  
**3:00** BREAK  
**3:15** Treatment of the pelvis  
**5:00** Post test & course conclusion

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Profession \_\_\_\_\_

**COURSE COST - \$325.00**

Seating is limited so please register early.

Please send completed form and check payable to:

**Newsome Physical Therapy**

**2848 Plainfield Rd., Joliet, IL 60435**

Phone: **815-436-1444** Fax: **815-436-9814**

*You will be sent a letter to confirm registration and receipt of payment.*

Registrations are also accepted by phone or fax if

paid by credit card. **VISA** or **Mastercard**

**Card #** \_\_\_\_\_

**Expiration Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Signature** \_\_\_\_\_

**Cancellations:** Registration fee, less a \$50 administrative fee per session, is refunded if notice of cancellation is received more than 10 days in advance of the course. Cancellations made less than 10 days in advance of the course date forfeit their entire tuition fee. Tuition can be transferred to another individual. Newsome Physical Therapy reserves the right to cancel the course up to one week prior to the course. Newsome PT will not be responsible for any charges incurred by the registrant due to the cancellation of the course, other than the course tuition.

## Meet the Instructor

Steven C. Janos, PT, MS, OCS, has extensive clinical and teaching experience in the area of orthopedic manual therapy. He received his B.S. in Physical Therapy from the University of Oklahoma and his Master's degree from Northwestern University in the area of orthopedic manual therapy. He completed a residency in manual therapy at Kaiser Permanente in Hayward, California.

Over and above attending orthopedic continuing education seminars, Mr. Janos has studied and spent time in the clinic with an eclectic group of well known world authorities in the area of manual therapy. These include individuals with a varied training background: Norwegian (Dennis Morgan, Eileen Volowitz); Australian (Geoff Maitland, David Butler, Peter Edgelow, Mark Jones); Physiatrist (John McMennell, MD; John Toerge, DO).

Mr. Janos has published numerous articles and book chapters on orthopedic topics, as well as several DVD's on the evaluation and treatment of the musculoskeletal patient. He is currently a full time faculty member at Northern Illinois University, Program in Physical Therapy, and a doctoral student in the Ph.D. program in Health Sciences at Walden University.

2844 Plainfield Rd.  
Joliet, IL 60435



Musculoskeletal Evaluation  
and Treatment of the  
Lumbar and Sacroiliac Regions

November 16th & 17th  
2007



Presents

Musculoskeletal Evaluation  
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Course Instructor  
Steven C. Janos, PT, MS, OCS

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Newsome Physical Therapy Center  
16139 S. Weber Rd.  
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[www.NewsomedPT.com](http://www.NewsomedPT.com)

Approved by the IPTA & NATA for 13.5 CEUs.