

## Course Content

### DAY 1: SIJD

#### SACROILIAC JOINT DYSFUNCTION (SIJD): HOW TO EXAMINE AND IDENTIFY

- Terminology and prevalence
- Signs and symptoms suggesting SIJD
- Examination tests and measures to identify SIJD
- Examination tests and measures to identify postural patterns

#### ANATOMY AND BIOMECHANICS OF SIJD

- Relationship between faulty respiration, posture, motor control, and SIJD
- Right vs. left SIJ movement
- Relationship between hips and SIJ
- Human asymmetry/movement patterns and the influence on SIJD

#### CONSERVATIVE INTERVENTIONS USED TO MANAGE SIJD

- Current research/literature evidence
- Case study
- Case series
- Randomized control trial
- Clinical suggestion
- Book chapter

#### HANDS-ON LAB

- Demonstration/Lab practice of examination tests and measures
- Demonstration/Lab practice of therapeutic exercises for right SIJD
- Demonstration/Lab practice of therapeutic exercises for left SIJD
- Demonstration/Lab practice of therapeutic exercises for symmetrical postural pattern (bilateral or unilateral SIJD)

#### OBJECTIVES

- Recognize subjective and objective data associated with a diagnosis of SIJD
- Explain the anatomy and biomechanics related to SIJD, including asymmetrical and symmetrical postural patterns
- Explain the important relationship between faulty respiration, posture, motor control, and SIJD
- Analyze conservative interventions used to manage patients with SIJD by reviewing evidence-based research, case series, and a randomized control trial
- Evaluate the rationale for therapeutic exercises that could be used to address asymmetries/pathomechanics related to right, left, or bilateral SIJD
- Apply therapeutic activities/neuromuscular re-education to manage a patient with right, left, or bilateral SIJD

### DAY 2: HIP

#### HIP IMPINGEMENT: HOW TO EXAMINE AND IDENTIFY

- Terminology and prevalence
- Signs and symptoms suggesting hip impingement
- Examination tests and measures to identify hip impingement
- Examination tests and measures to identify postural patterns

#### ANATOMY AND BIOMECHANICS OF HIP IMPINGEMENT

- Relationship between SIJD and hip impingement
- Relationship between faulty respiration, posture, motor control, and SIJD
- Right vs. left SIJ movement
- Human asymmetry/movement patterns and the influence on hip impingement

#### CONSERVATIVE INTERVENTIONS USED TO MANAGE HIP IMPINGEMENT

- Current research/literature evidence
- Case study
- Case series
- Randomized control trial
- Clinical suggestion
- Book chapter

#### HANDS-ON LAB

- Demonstration/Lab practice of examination tests and measures
- Demonstration/Lab practice of therapeutic exercises for hip impingement
- Demonstration/Lab practice of therapeutic exercises for symmetrical postural pattern

#### OBJECTIVES

- Recognize subjective and objective data associated with a diagnosis of hip impingement
- Explain the anatomy and biomechanics related to hip impingement, including asymmetrical and symmetrical postural patterns
- Analyze conservative interventions used to manage patients with hip impingement by reviewing evidence-based research, case series, and a randomized control trial
- Evaluate the rationale for therapeutic exercises that could be used to address asymmetries/pathomechanics related to hip impingement
- Demonstrate evidence-based tests and measures to determine the appropriate diagnosis of SIJD or hip impingement
- Apply therapeutic activities/neuromuscular re-education to manage a patient with hip impingement

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2-DAY

# Conservative Management of Sacroiliac Joint Dysfunction & Hip Impingement

CERTIFICATE COURSE

Raleigh, NC  
March 21-22

Charlotte, NC  
March 23-24



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2-DAY

# Conservative Management of Sacroiliac Joint Dysfunction & Hip Impingement

CERTIFICATE COURSE



This class blew my mind on how easy and effective it can be to treat someone with back or hip pain.

Courtney, PT



Loved the hands-on demonstration. This will benefit both me and my patients.

Karen, PTA



I'm better able to identify SIJ as the core problem and give client exercises to do at home.

Laura, MT

**A 2-day intensive, interactive certificate workshop where participants gain immediate solutions to...**

- Accurately assess if patients' hip or low back pain are due to sacroiliac joint dysfunction (SIJD) or hip impingement
- Fully restore function in patients and prevent recurrence with conservative, research-based interventions
- Improve postural position and stability by properly managing right, left, or bilateral SIJD and right, left, or bilateral hip impingement
- Tailor-made interventions including home exercise programs to help patients achieve functional goals

Raleigh, NC  
March 21-22

Charlotte, NC  
March 23-24



## Conservative Management of Sacroiliac Joint Dysfunction & Hip Impingement

The National Institutes of Health states that millions of Americans spend at least \$50 billion a year to alleviate the stress and discomfort in their low back. A common, yet enigmatic cause of this debilitating pain is the malalignment of the sacroiliac joint (SIJ). At first glance, however, many rehab professionals and even surgeons believe other back and hip injuries, such as facet-joint syndrome or a bulging disc, are the reasons for the pain. X-rays, MRIs, and even CT scans might show narrowing spinal discs or other possible factors producing the problem; yet these tests have minimal benefit because they oftentimes fail to show the exact source of the client's pain. It is important to accurately identify and diagnose pain from the SIJ's and pain from hip impingement. Medical professionals may misdiagnose the problem and intervention may be unsuccessful. In some cases, surgery is performed unnecessarily. In order to help restore and prevent future pain in patients, rehab professionals need the proper tools to accurately identify both SIJD and Hip Impingement to manage them appropriately.

In this comprehensive two-day certificate workshop, participants gain the tools to assess and treat patients with SIJD and/or hip impingement. Kyndall Boyle, PT, PhD, OCS, PRC, who has nearly 25 years of experience as a clinician and researcher, shares the latest evidence in the field, along with rationale for conservative intervention. She discusses relevant anatomy and biomechanics, including issues of bilateral and unilateral instability and postural asymmetry, as well as examines the relationship between SIJD and hip impingement, and the relationship between SIJD, suboptimal respiration, posture, and motor control. Participants immediately take home the knowledge needed to assess and treat SIJD by examining a case study, case series, and a randomized controlled trial. During the interactive lab portion of the class, participants expand their hands-on skills by practicing therapeutic exercises to manage SIJD and hip impingement.

Leave with a certificate of recognition for your expanded knowledge and increased skill set into evaluating and treating this patient population.

## Course Director



**KYNDALL BOYLE, PT, PhD, OCS, PRC**, is a licensed physical therapist who has worked in a variety of settings for the past 24 years, including: outpatient orthopedic, sports medicine, home health, skilled nursing, and acute care. Dr. Boyle is currently the Director and owner of OPTimal Performance Physical Therapy in Boone, NC. In addition to the clinic, she served as a full-time faculty member for Doctor of Physical Therapy programs for 14 years. Dr. Boyle earned her BS in PT from the University of New Mexico, an MS from the UNC at Chapel Hill, and a PhD from Nova Southeastern University in Fort Lauderdale, FL. She is currently Board Certified in Orthopedics, having earned her designation as an Orthopedic Clinical Specialist (OCS). In addition, Dr. Boyle studied Postural Restoration

Concepts that later led to her PRC certification. Based on her clinical experience, she has authored numerous peer-reviewed articles, abstracts, book chapters, and magazine articles. Dr. Boyle continues to be active in research relating to the management of musculoskeletal conditions.

### Disclosure:

Financial - Receives a speaking honorarium from Vyne Education.  
Nonfinancial - No relevant nonfinancial relationship exists.

## Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Certified Occupational Therapy Assistants
- Athletic Trainers
- Massage Therapists
- Certified Strength and Conditioning Specialists
- Personal Trainers

## Seminar Schedule

**Registration:** 7:30 a.m. (coffee & tea provided)

**Seminar Begins:** 8:00 a.m.

**Lunch Break:** 1 hour (on your own)

**Seminar Ends:** 4:00 p.m.

**Breaks:** 15 minutes (mid-morning & mid-afternoon)

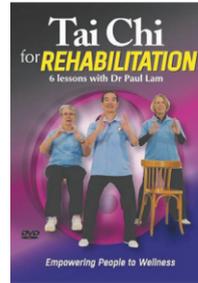


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**Physical Therapists, Physical Therapist Assistants:** **Tennessee:** This program has been submitted to the Tennessee Physical Therapy Association for 12 contact hours.

**Other Professions:** This educational offering qualifies for 12 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

Information obtained in this course should be used within your scope of practice.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

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**Requirements:** Certificates will be awarded upon receipt of payment and successful completion of the educational offering and evaluation form.

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## 2-Day Conservative Management of Sacroiliac Joint Dysfunction & Hip Impingement

### Please select a Date & Location

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**March 23-24, 2018**  
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