

Pelvis Restoration

An Integrated Approach to Treatment of Patterned Pubo-Sacral Pathomechanics

Course Description

This advanced lecture and lab course is designed to assist clinicians with those complex patients that are struggling to restore reciprocal function of their pelvis. The clinician will gain an appreciation for the influences of an asymmetrical pelvis and how this imbalance contributes to pelvis dysfunction. We will explore in detail the function of the pelvic inlet and outlet as it relates to anatomy, respiration, and asymmetry in a multiple polyarticular chain system. Participants will be able to restore pelvic and respiratory neutrality through a PRL treatment approach while keeping individual activities of daily living in mind.

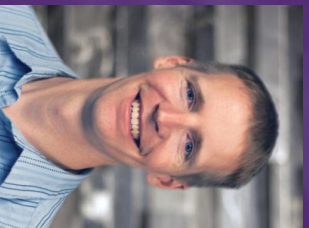
Course Agenda

DAY ONE

- 7:30-8 Registration and Light Breakfast
- 8-8:30 Introduction to Pelvis Neutrality
- 8:30-10 Left Anterior Interior Chain (AIC) Influence on the Pelvis
- 10-10:15 Break
- 10:15-11:15 PEC Influence on the Pelvis
- 11:15-12 Pathologic PEC Influence on the Pelvis
- 12-1 Lunch (on your own)
- 1-3 Examination Tests and Assessment (Lab)
 - Standing Reach Test
 - Adduction Drop Test
 - Pelvic Ascension Drop Test
- 3-3:15 Break
- 3:15-4:30 Examination Tests and Assessment (Lab)
 - Passive Abduction Raise Test
 - Functional Squat Test
 - Hruska Abduction Lift Test
- 4:30-5 Functional Relationships

DAY TWO

- 7:45-8 Sign-In and Light Breakfast
- 8-9:30 Respiratory Influences on the Pelvis
- 9:30-10 Respiratory Influences on the Pelvis (Lab)
- 10-10:15 Break
- 10:15-12 Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern
- 12-1 Lunch (on your own)
- 1-2 Treatment of Pelvis Dysfunction as it Relates to the Left AIC Pattern (Case Study)
- 2-3 Treatment of Pelvis Dysfunction as it Relates to the PEC Pattern (Case Study)
- 3-3:15 Break
- 3:15-4:30 Treatment of Pelvis Dysfunction as it Relates to the Pathologic PEC Pattern
- 4:30-5 Other Treatment Considerations



Instructor: Jesse Ham, PT, CMP, PRC

Postural Restoration Institute CAP P is approved by the board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of P Category hours/C s. ATs should claim only those hours actually spent in the educational program.



"The Pelvis Restoration course has seemingly been the quintessential course for understanding mechanics as it relates to PRL and hockey

because it ties in thorax, pelvis/pelvic floor, and femoral relationships. The information in the course has given me invaluable information & a lens to look through in regards to how we can help mitigate the problems we see in a sport where the players are constantly in flexed posture with an 'extended system' and especially need power in frontal/transverse plane from the pelvis down."

*- Connor Ryan, PT, DPT, CSCS, PRC
Arizona Coyotes*