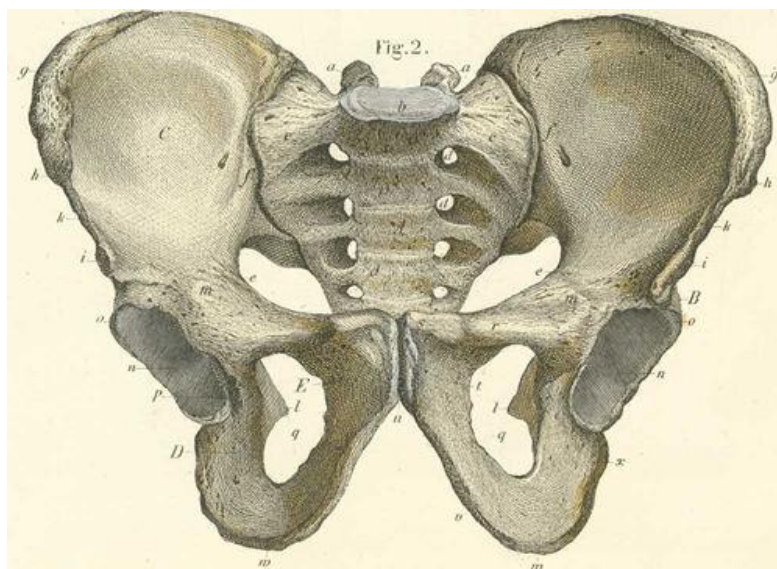


# **Movement Analysis and Motor Control Retraining for the Sacroiliac Joint and Pelvis**



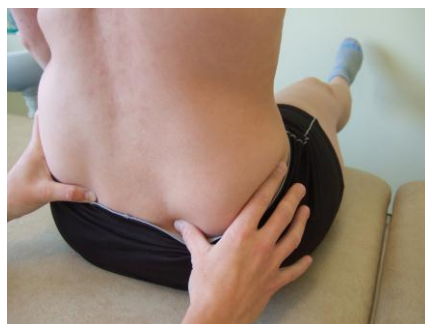
***Tutor: Jacqui Clark*** *MSc MCSP MNZSP*  
Guest Senior Lecturer Manchester Metropolitan University  
UK

## *Course description*

This informative practically orientated course focuses on the two main dysfunction types in the SIJ and pelvis – restrictive dysfunctions and stability dysfunctions. Motor Control issues are discussed from contemporary research literature and the SIJ biomechanics are explained with practical orientation. When there is failure of automatic locking of the sacroiliac joint to form a stable close pack position in weight bearing, pain can develop in the sacral sulcus and pelvic region. This may be due to a motor control deficit alone or in combination with restrictions. Participants will learn how to recognise a primary sacroiliac dysfunction or whether it is secondary to a lumbar spine or lower limb dysfunction. Pain can also develop in the SIJ due to hypermobility along one of the articular glides, even when the joint is not clinically unstable. The participant will learn how to assess for these control deficits and restrictions in the SIJ complex. An evidence based clinical reasoning model will be applied to rehab involving manual therapy techniques and motor control retraining strategies.



Load Transfer Testing for the sacroiliac joint



Testing for rotation control deficit across sacroiliac complex

## Course Objectives

The participant will be equipped to:

- Make an accurate diagnosis according to the Motor Function sub-classification.
- Be able to assess for specific motor control deficits in the sacroiliac joint relating to local muscle activation in the control of segmental translation and failure of load transfer and control of functional lumbo-pelvic movement.
- Learn how to apply the key concepts of motor control retraining to restore appropriate muscle activation, reposition sense and translation control for the lumbo-pelvic region.
- Understand why a patient can have a very strong core and still be unable to load transfer efficiently through the pelvis causing pelvic pain.
- Justify the application of specific motor control training instead of co-contraction strength training and to know when strength training is inappropriate for sacroiliac pain patients.
- Integrate motor control training into a comprehensive clinical reasoning framework.

## Course Tutor - *Jacqui Clark* *Grad Dip.PT(UK), MSc(e), MCSP, NZRP*

Jacqui Clark qualified as a Chartered Physiotherapist in 1989 in London. Since the early 1990's she has specialized in movement dysfunction and motor control and how this relates to pain and disability. From 1997 to date she has lectured extensively, tutoring postgraduate



courses and conferences all over the world. Jacqui is highly motivated in the pursuit of a deeper understanding of the intricacies of human locomotion, and the integration of relevant motor control research into the clinical setting. She specializes in complex pain conditions and is focusing her research on sensorimotor problems in chronic pain patients. She is currently living in New Zealand where she does her clinical practice and is undertaking her research through Manchester Metropolitan University in England and the Neuromuscular Rehabilitation Institute in Canada. She continues as an international post graduate lecturer and is Guest Senior

Lecturer at Manchester Metropolitan University UK. Her courses are highly informative, logical and taught in an “easy to grasp” style.

**Date:** 11 – 12 Feb 2012

**Time:** 9:00 am – 5:00 pm

**Fee:** \$4,000 for each 2 days course, 10% discount for registration before 15 Dec 2011.

For interested candidate, please prepare the cheque in the name of HEMAX Health Products Company Limited, with your name, address, email and telephone number on the back and send to Rm 1508, Hollywood Plaza, 610 Nathan Road, Mong Kok. Please feel free to contact Mr. LAU at 2111 2880 / [on.lau@hemaxhealth.com](mailto:on.lau@hemaxhealth.com) for any questions.

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