



## **Lumbo-Pelvic Stabilization: An Impairment-Based Approach**

### **Course Description:**

This 2 day seminar includes ~60% hands-on lab and ~40% didactic components. The content incorporates and highlights the works of Sahrman, Kendall, Hodges, Janda, and Jull. From there, examination and treatment approaches are taught combining components of their content into a user-friendly, test re-test approach to lumbo-pelvic stabilization. There is extensive lab practice time dedicated to learning specific examination techniques, proper corrective exercises, along with a review of current evidence and live case studies. In addition, supplemental video content for this course featuring all exercise techniques taught is also included.

### **Course Objectives:**

- The participant will identify safety issues, indications, and contraindications for use of stabilization techniques
- The participant will perform length, strength and stability testing on the lumbar and pelvic musculature to help differentially diagnose musculoskeletal conditions
- The participant will identify differential diagnoses, such as specific dysfunctions/pathologies, and when to apply the stabilization techniques
- The participant will demonstrate how to appropriately teach lumbo-pelvic stabilization techniques on a lab partner

### **Course Schedule:**

#### **Day 1 - Saturday**

7:30- 8:00	Registration
8:00- 9:30	Intro/History/Principles
9:30- 9:45	Break
9:45-10:45	Functional Movement Testing
10:45-12:00	Muscle Length/Strength Testing

12:00- 1:00 Lunch (on your own)  
1:00- 2:00 Stability Testing Techniques  
2:00- 2:15 Break  
2:15- 4:00 Exercise Techniques  
4:00- 5:00 Review for the day/catch-up

## **Day 2 - Sunday**

8:00- 9:00 Review of Exam Techniques  
9:00- 10:00 Review of Exercise Techniques  
10:00-10:15 Break  
10:15-12:00 Advanced Exercises/Progressions  
12:00- 1:15 Case Studies, Problem Solving, Discussion