

# THE BASICS OF SACROILIAC MOBILIZATION

*Saturday, Nov. 9 and Sunday, Nov. 10*

## LOCATION

Mary Free Bed  
Professional Building  
Meijer Conference Center  
350 Lafayette Ave. SE, Grand Rapids, MI 49503

## INTENDED AUDIENCE

PT/PTA

## COURSE FAULTY

### Jason Hepworth, PT, DPT, CIMT

Jason holds a bachelor's degree in Health and Fitness in Preventative and Rehabilitative Programs from Central Michigan University. He also holds a doctorate in physical therapy from Grand Valley State University and is a Certified Integrated Manual Therapist (CIMT) through Great Lakes Seminars. Jason's approach to therapy encompasses the use of joint and soft tissue mobilization, functional therapeutic exercise and patient education to return his patients to their highest functional level.



## COURSE OBJECTIVES

At the completion of this seminar, the participant will be able to:

- State three specific effects of sacroiliac mobilization.
- Independently and correctly perform three palpations and three dynamic tests in the sacroiliac evaluation to determine dysfunction.
- Correctly perform eight dynamic tests to ascertain the side of dysfunction.
- Correctly ascertain by palpation the type of dysfunction, present in the pelvic girdle.
- Demonstrate the ability to follow the correct order of treatment in the pelvis to best correct dysfunction
- Demonstrate the correct application of at least five mobilizations covered in the course.

## COURSE CREATOR

Patrick Hoban, PT, MS, ATC, FF-CIMT

## COURSE DESCRIPTION

The greatest strength of this class is its ability to simplify a seemingly complex region of the body and give the clinician a set of tools to use with confidence on Monday morning. This class is evidence based and demonstrates both theoretically and with specific case examples how the pelvis contributes to low back pain. A unique aspect of this course is how it clarifies often ambiguous treatments with the pelvis, giving both new and seasoned clinicians a more comprehensive way of treating the pelvis.

As with all of our manual therapy courses, this seminar will follow a progression of principles and reinforce them throughout the 16 hours, is at least 75 percent hands-on lab, and will give the clinician hands-on skills they can immediately use in the clinical setting.

## COURSE SCHEDULE

### Saturday

7:30-8 a.m.	Continental Breakfast (provided)
8-9 a.m.	Introduction
9-9:30 a.m.	Lecture: Review of Pertinent Anatomy
9:30-10:15 a.m.	Lecture: Pelvic Girdle Biomechanics: Iliosacral
10:15a.m.-noon	Lecture: Pelvic Gridle Biomechanics: Sacroilial
Noon-1 p.m.	Lunch (provided)
1-3 p.m.	Lab: Diagnostic Testing – Static and Motion Assessment
3-4 p.m.	Lab: Treatment of Pubic Dysfunction
4-4:45 p.m.	Lab: Treatment of Iliosacral Dysfunctions - Slips
4:45-5 p.m.	Review
5-5:30 p.m.	Review of Evidence-Based Literature for Today's Topics
5:30 p.m.	Adjourn

### Sunday

7:30-8 a.m.	Continental Breakfast (provided)
8-9 a.m.	Review of Bony Structures and Dynamic Testing
9-10 a.m.	Lab: Treatment of Iliosacral Dysfunctions - Flares
10-10:45 a.m.	Lab: Treatment of Iliosacral Dysfunctions - Rotations
10:45 a.m.-noon	Lab: Treatment of Sacroilial Dysfunctions
Noon-1 p.m.	Lunch (provided)
1-2p.m.	Lab: Treatment of Sarcoilial Dysfunctions
2-3 p.m.	Review of Iliosacral Dysfunctions
3-3 p.m.	Review of Sacroilial Dysfunctions
3:30-4:15 p.m.	Lab: Speed Mobilizations
4:15-4:30 p.m.	Application to Clinical Situations
4:30-5 p.m.	Review of Evidence-Based Literature for Today's Topic
5 p.m.	Adjourn

## CONTINUING EDUCATION CREDITS

This course has been submitted for 16 continuing education hours. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

## CANCELLATION POLICY

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given after the two-week (14 calendar days) mark before a seminar. Great Lakes Seminar reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of cancellation Great Lakes Seminar will not be responsible for any charges incurred by the registrant due to cancellation of the course, other than the course cost. If you have questions regarding this policy please call 800.210.5856 or email [info@glseminars.com](mailto:info@glseminars.com).

## REGISTRATION INFORMATION

### Course Fee \$575

Register online at [www.glseminars.com](http://www.glseminars.com) or complete the below form and fax to Great Lakes Seminars at 800.889.0358 or mail your registration and payment to: 2768 Centennial Road, Toledo, OH 43617.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Discipline \_\_\_\_\_

Fax \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiration Date (Month/Year) \_\_\_\_\_

Select one: ☐ VISA ☐ Mastercard ☐ AMEX ☐ Discover

☐ Check Payable to: Great Lakes Seminars

Billing Address \_\_\_\_\_

Billing City/State/ZIP: \_\_\_\_\_

### Confirmation Letter:

☐ Mail ☐ Email ☐ Fax

**Questions:** Contact Great Lakes Seminars

2768 Centennial Road Toledo, OH 43617

800.210.5856

[www.glseminars.com](http://www.glseminars.com)

## AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. [www.flygrandrapids.org](http://www.flygrandrapids.org)

Many lodging options are available in and around the Grand Rapids area, including, but not limited to:

### Amway Grand Plaza Hotel

187 Monroe Ave. NW, Grand Rapids, MI 49503

616.774.2000

*0.9 miles west of Mary Free Bed*

### Holiday Inn

310 Pearl St. NW, Grand Rapids, MI 49504

616.235.7611

Downtown Grand Rapids at 131 and Pearl Street

*One mile northwest of Mary Free Bed*

### Downtown Courtyard By Marriott

11 Monroe Ave. NW, Grand Rapids, MI 49503

616.242.6000 or 800.321.2211

Downtown Grand Rapids at Fulton Street and Monroe Avenue

*One mile west of Mary Free Bed*

### Homewood Suites By Hilton

161 Ottawa Ave. NW, Grand Rapids, MI 49503

616.451.2300

*One mile northwest of Mary Free Bed*

### Hampton Inn & Suites - Downtown

433 Dudley Place NE, Grand Rapids, MI 49503

616.456.2000

*One mile north of Mary Free Bed*

### Holiday Inn Express Hotel & Suites

6569 Clay Ave. SW, Grand Rapids, MI 49548

616.871.9700

South of downtown Grand Rapids at 131 and 68th Street

*Nine miles south of Mary Free Bed*

### Springhill Suites By Marriott

450 Center Drive, Grand Rapids, MI 49544

616.785.1600 or 888.287.9400

[springhillsuites.marriott.com](http://springhillsuites.marriott.com)

1-96 and Alpine Avenue

*Five miles north of downtown Grand Rapids*

### Staybridge Suites By Holiday Inn

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512

616.464.3200

29th Street and Lake Eastbrook Boulevard

*Eight miles east of Mary Free Bed*

### Sleep Inn & Suites

4824 29th St. SE, Grand Rapids, MI 49512

616.975.9000

29th Street and East Paris Avenue

*Eight miles east of Mary Free Bed*

If you require special arrangements to fully participate in this workshop, please call 616.840.8292

