

# **T**he Sacroiliac Joint Demystified

This one day course will give you the skills you need to successfully examine, assess and treat the SIJ.

**AIMS: By the end of the course participants will**

- 1. Have an understanding of the anatomy, biomechanics and dysfunction of the SIJ**
- 2. Be able to use an evidence based approach to assessing and treating the SIJ**
- 3. Be able to use manual skills to assess and treat the SIJ**
- 4. Understand the role of the pelvic musculature in SIJ dysfunction**
- 5. Be able to implement an appropriate muscle reconditioning programme**

**Tutor: Alison Middleditch MCSP MMACP**

Alison is a Practice Principal at the Surrey Physiotherapy Clinic. She qualified from Kings College Hospital in 1977 and became a member of the MACP in 1981 and is both Tutor and Examiner for MACP. Held a five year Research Post at Bioengineering Department University College, London and lecturers extensively both national and internationally. She has also lectured at The World Congress of Physiotherapy. She was guest speaker at The Manipulation Association of Chartered Physiotherapists Annual Conference; 1990 and 1994 and guest Lecturer at the OCPPP (Organisation of Chartered Physiotherapist in Private Practice) on three occasions. Co author of Functional Anatomy of the Spine, 2nd Edition (2005) Elsevier. and Chapter in: Hypermobility Syndrome (2003) Keer and Grahame, Butterworth Heinemann Articles in Physiotherapy and In Touch

**Venue: Physiotherapy Department  
Barnsley General Hospital  
Gawber Road  
Barnsley  
S75 2EP**

**Date: WEDNESDAY 8<sup>th</sup> SEPTEMBER 2010**

**Attached: Programme  
Directions  
Application form**

**THE SACROILIAC JOINT DEMYSTIFIED**  
**WEDNESDAY 8<sup>th</sup> SEPTEMBER 2010**  
**BARNSELY GENERAL HOSPITAL**

**PROGRAMME**

- 8.45am** Registration
- 9.00am** **Lecture**  
Understanding normal anatomy and biomechanics of the Sacroiliac joints  
Does the SIJ move?
- 9.45am** **SIJ dysfunction**  
The effects of pregnancy on the pelvis  
Dysfunction of the SIJs and pubic symphysis
- 10.30am** **Coffee**
- 10.50am** **Practical**  
Assessment of SIJ  
SIJ/Lumbar Spine/Hip – is differentiation possible using clinical tests?  
Postural observation  
Validity of manual examination tests  
Interpretation of findings
- 1.00pm** **Lunch**
- 1.45pm** **Lecture and Practical**  
The role of the soft tissues in SIJ dysfunction  
Muscle testing and appropriate retraining
- Practical**  
Refining SIJ techniques
- Case histories and problem solving**  
Lumbar spine or SIJ?  
Making sense of examination findings  
Treatment planning
- 4:00** **Finish**

**Please bring shorts with you**

## **How to get to Barnsley General Hospital** **<http://www.barnsleyhospital.nhs.uk/>**

Barnsley Hospital is located just five minutes from junction 37 of the M1 motorway. Like most hospitals across the UK, the roads surrounding the hospital can become busy at peak times and so we encourage all our patients and visitors coming by car or bus to ensure you allow extra time for your journey.

### **By car**

The hospital is clearly signposted from Barnsley town centre and from the M1 junction. For more detailed directions a free route planner is provided for motorists by The AA. Just enter the hospital postcode 'S75 2EP'.

### **By foot**

Barnsley Hospital is about a 20-minutes walk from the town centre. From Old Town roundabout (adjacent to KFC and Blockbuster), walk down Summer Lane (past Barnsley Office Supplies) and keep straight on. You will see the hospital ahead.

### **By bus**

Barnsley Hospital is extremely well served by buses in and around the borough and for this reason, we encourage patients, visitors and staff to use them. Buses run almost every five minutes from town centre Monday to Sunday.

### **By train**

There are regular train services to Barnsley from Huddersfield, Leeds and Sheffield. From Barnsley Transport Interchange, you will probably find it easier to catch a bus or taxi to the hospital.

BARNSELY HOSPITAL NHS FOUNDATION TRUST  
**THE SACROILIAC JOINT DEMYSTIFIED**  
**WEDNESDAY 8<sup>th</sup> SEPTEMBER 2010**  
**COURSE APPLICATION FORM**

**NAME:** .....

**WORK ADDRESS:** .....  
**(INC DEPT)**

.....

..... **POST CODE:** .....

**E-MAIL ADDRESS:** .....

**HOME ADDRESS:**.....

.....

.....**POST CODE:** .....

**(This information is essential for our finance Dept. If you do not provide your home address we will be unable to reserve your place)**

**Any correspondence will normally be forwarded to your work address. If you would prefer to have course information sent to your home address please tick the box.**

**COURSE TITLE:**.....

**COURSE DATE:**.....

**Please tick this box if you have any special requirements and I will be in touch with you shortly**

**Please return this form as soon as possible to:**  
**Rob Spotswood, Training Co-Ordinator, Physiotherapy Dept, Barnsley General Hospital, Gawber Rd, Barnsley, S75 2EP**  
**Or by E-Mail to [rspotswood@nhs.net](mailto:rspotswood@nhs.net)**

**YOUR PLACE WILL ONLY BE CONFIRMED ON RECEIPT OF THIS FORM**

**PLEASE DO NOT FORWARD ANY PAYMENT AT THIS STAGE, AN INVOICE WILL FOLLOW**