

# **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: Sports Therapy Department  
Room TC117 - First Floor  
University of Gloucestershire  
Oxstalls Campus  
Oxstalls Lane  
Longlevens  
Gloucester  
GL2 9HW**

**Date: SATURDAY 18 SEPTEMBER 2010**

**Attached: Programme  
Directions  
Application form**

**THE SACROILIAC JOINT DEMYSTIFIED**  
**Sports Therapy Department – Room TC117 – First Floor**  
**UNIVERSITY OF GLOUCESTERSHIRE**

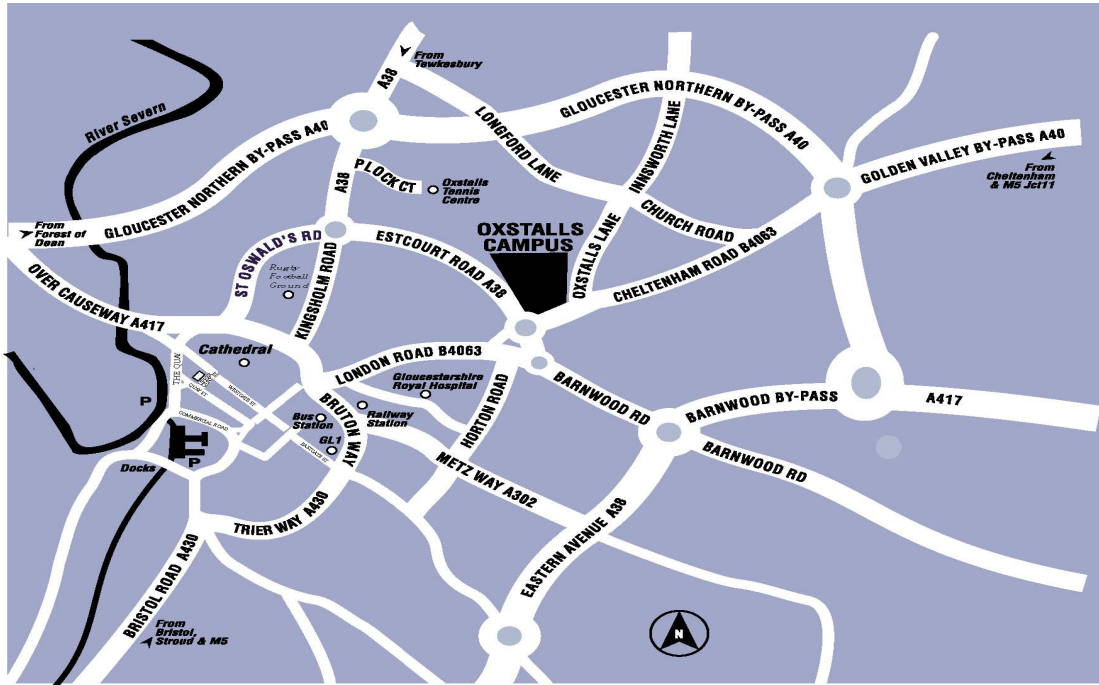
**SATURDAY 18<sup>th</sup> SEPTEMBER 2010**

**PROGRAMME**

- 8.45am** Registration
- 9.00am** **Lecture**  
Normal and abnormal function of the SIJ  
Is the SIJ a source of pain?  
Do the SIJ's move?  
What are the causes of SIJ dysfunction?
- 10.30am** **Coffee**
- 10.50am** **Practical**  
Assessment of SIJ  
Postural observation  
Validity of clinical examination tests  
Interpretation of findings
- 1.00pm** **Lunch**
- 1.45pm** **Lecture and Practical**  
The role of the soft tissues in SIJ dysfunction  
Functional testing of the SIJ  
Functional rehabilitation of the SIJ
- Practical**  
Refining SIJ techniques  
The use of belts, supports and taping.
- Case histories and problem solving**  
Lumbar spine or SIJ?  
Making sense of examination findings  
Treatment planning
- 4:00PM** **Finish**

## Travelling to University of Gloucestershire

Sports Therapy Department Rm TC117 1st Floor  
University of Gloucestershire  
Oxstalls Campus  
Oxstalls Lane  
Longlevens  
Gloucester  
GL2 9HW



### From M5 Junction 11 (North, South, East or West)

Come off motorway at Junction 11 and take the exit signposted Gloucester A40. At the next large roundabout take the third exit signposted Longlevens (B4063). Follow this road through three sets of traffic lights and passing houses and shops. The Oxstalls Campus can be found approximately 100 yards from the end of this road. The main car park entrance is in Oxstalls Lane - take the last road on your right before you reach the roundabout and the first left.

### From the M4 Junction 15 (South East)

Come off the motorway at Junction 15 and take the third exit signposted Swindon/Cirencester (A419/A417). Continue along the A417 following signposts for Gloucester. Go under the M5 and at the second roundabout (Barnwood) take the third exit onto the A40. At the next roundabout take the first exit signposted Longlevens (B4063). Follow this road through three sets of traffic lights and passing houses and shops. The Oxstalls Campus can be found approximately 100 yards from the end of this road. The main car park entrance is in Oxstalls Lane - take the last road on your right before you reach the roundabout and the first left.

### Car Parking

Our car parks are divided into permit holder only parking areas and permit holder and pay and display parking.  
General visitors should go to the main car park which is served by pay and display machines.

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**SATURDAY 18<sup>th</sup> SEPTEMBER 2010**

### APPLICATION FORM

**Name:**

(Please print name as you wish it to be shown on your certificate)

**Address for correspondence:**

**Contact Nos** Home :  
Work :  
Mobile :

**E-mail Address:**

**Place of work :**

**Grade :**

**Area of work :**

**Apply to :** Irene Wellman, Welbeing CPD Ltd,  
North View, Church Road, Bulphan, RM14 3RU  
Tel: 08453 70 22 70 or  
E-mail: [enquiries@welbeing-cpd.co.uk](mailto:enquiries@welbeing-cpd.co.uk)

**Fee :** £110.00 per delegate  
(cheques payable to **Welbeing CPD Ltd**)  
Credit/Debit card booking available now.  
Online or Phone  
[www.welbeing-cpd.co.uk](http://www.welbeing-cpd.co.uk)



**Included in fee:** Course notes  
Certificates to assist with your CPD  
Refreshments + lunch included

Cancellation Policy – In the event of an applicant cancelling, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of £60.00 will be made for administration costs.