

## COURSE REGISTRATION FORM

SI Course 1  
September 10 & 11, 2011

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

\* Confirmation will be sent to the email address you provide above.

Cell Phone: \_\_\_\_\_

Business Phone: \_\_\_\_\_

Professional Designation (Please Circle):  
PT PTA M.D. D.O.

Registration Fee = \$399.00

Amount Enclosed: \$ \_\_\_\_\_

### Make Checks Payable/Send To:

Body Mechanics Physical Therapy, LLC  
550 Peachtree Street NE  
Suite 1760  
Atlanta, Georgia 30308

### Additional Questions?

Telephone: 404.817.0734  
Fax: 404.817.0737

THANK YOU!  
WE WILL SEE YOU THERE!

**BODY MECHANICS**  
PHYSICAL THERAPY  
Body Mechanics Physical Therapy, LLC  
550 Peachtree Street NE  
Suite 1760  
Atlanta, Georgia 30308

A Lab Course Designed  
for the Practicing Clinician



## SACROILIAC JOINT AND ITS RELATION TO LOW BACK PAIN

Presented by:

Vicki Sims, PT, CHT

Jeff Skorput, PT

David Mesnick, PT, cMDT

Atlanta, Georgia

SI Course 1

September 10 & 11, 2011

Visit Us Online:

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

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

## COURSE DESCRIPTION

This 2-day course is a study of the pelvic girdle complex as it relates to lumbar dysfunction and pain. During the presentation of the course, review of relevant anatomy and biomechanics will assist in treatment techniques for various types of pelvic girdle and mechanical lumbar dysfunctions.

This hands-on, lab-based course will emphasize clinical evaluation and treatment skills for the SIJ and lumbar spine that will guide the practitioner towards appropriate manual therapy techniques that can be applied immediately. A functionally based sequence of intervention is presented. Janda's theory on muscle imbalance and Greenman's theory on manual medicine is also presented. Self-correcting and family assisted correction techniques are presented along with a muscle stretching and strengthening protocol.

## OBJECTIVES

The instructors bring their clinical knowledge and experience to the course members to meet the following objectives:

- To understand the anatomy and biomechanics of the pelvic girdle complex as it relates to normal function and dysfunction.
- To recognize the clinical signs of SI joint dysfunction.
- To immediately incorporate evaluation and treatment techniques into the clinician's daily practice.

### PAST COURSE TESTIMONIAL

*"One of the **best** CEU courses I have attended."*

- CP, Atlanta, Georgia  
2009

## COURSE OUTLINE & SCHEDULE

### SI COURSE 1 SEPTEMBER 10 & 11, 2011

#### DAY 1

Registration	8:00am
Anatomy Overview - Lumbo-Pelvic Complex	8:30am
Biomechanical Overview Lumbo - Pelvic Complex	9:30am
Break	10:30am
Introduction to the Evaluation Process	10:45am
Lunch / Free Time	12:00pm
Mobility Assessment - Lab	1:00pm
Break	2:30pm
Pelvic Girdle Positional Assessment - Lab	2:45pm
Conclusion of Day One	5:00pm

#### DAY 2

Lumbar Spine Positional Assessment - Lab	8:30am
Break	10:00am
Hip Joint Assessment - Lab	10:15am
Treatment of Lumbar Spine - Lab	11:00am
Lunch / Free Time	12:00pm
Treatment of Pelvic Girdle Dysfunction - Lab	1:00pm
Break	3:00pm
Exercise and Self-Management	3:15pm
Conclusion - Certificate Presentation	5:00pm

Note: Lab Attire Required  
Warm Overclothes Recommended

## COURSE INSTRUCTORS



**Jeff Skorput, PT** brings to this course 30 years of clinical experience in orthopedic and manual therapy techniques. A graduate of the University of Vermont Physical Therapy Program, Jeff also completed a Clinical Post Graduate Program in orthopedic manual therapy in 1984. As co-director of Gainesville Physical Therapy in Gainesville,

Georgia, Jeff's clinical emphasis continues with orthopedic manual therapy.



**David Mesnick, PT, cMDT** graduated from the University of Florida with a Bachelor's Degree in Zoology in 1997 and a Bachelor's Degree in Physical Therapy in 1999. He is a certified McKenzie Therapist. He has co-authored various research projects and articles on SIJD. As the co-director of Body Mechanic Physical Therapy in Atlanta,

Georgia, David's clinical emphasis is in manual osteopathic and orthopedic therapy.



**Vicki Sims, PT, CHT** is co-director of Gainesville Physical Therapy in Gainesville, Georgia. A graduate of Georgia State University, Vicki brings over 30 years of clinical experience in hospital and outpatient orthopedic physical therapy. Vicki is active in research and has co-authored three clinical papers on the SI Joint and authored a Sacroiliac Book. Her

most recent study, Symmetric Ligamentous Laxity of the SIJ As Measured With Doppler Imaging, was presented at the 5th World Congress on Low Back Pain in Melbourne, Australia in 2004.

## GENERAL INFORMATION

**Registration:** \$399.00

**Course Length:** 2 days

**Hours:** 14 hours/1.4 CEU

**Web:** [www.sidysfunction.com](http://www.sidysfunction.com)  
[www.bodymechanicsatl.com](http://www.bodymechanicsatl.com)

## COURSE DATES/LOCATION

**Date:** September 10 & 11, 2011

**Location:** Crawford Long Medical Office Tower  
5th Floor, Education Room 1  
Atlanta, Georgia 30308

\* If you need additional information on course location and hotel, please call 404.817.0734 Monday through Friday 9:00 a.m. to 5:00 p.m. EST.