

The Sacroiliac Joint Simplified

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

Tutor: Alison Middleditch MCSP MMACP

Alison trained at Kings College Hospital and has worked in both the NHS and private sectors, worked as physiotherapist to the Scottish and Welsh Lacrosse teams and also held a five year Research Post at Bioengineering Department University College, London. Alison is now the Practice Principal at the Surrey Physiotherapy Clinic where she specialises in the treatment of complex musculoskeletal problems. Early in her career she developed an interest in musculoskeletal disorders and after gaining membership of the MACP she became a tutor and examiner for the association and was part of the team that developed the first Masters Course in Manipulative therapy at Coventry University. Alison lectures extensively both national and internationally.

Alison is co-author of Functional Anatomy of the Spine, 2nd Edition (2005) Elsevier and has contributed chapters to books on a number of subjects from hypermobility to acupuncture and manual therapy.

Course Aims: By the end of the course participants will

- 1. Have an understanding of the anatomy, biomechanics, normal function 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 when appropriate to assess and treat the SIJ**
- 4. Understand the role of the pelvic musculature in SIJ dysfunction**
- 5. Be able to design a rehabilitation programme for SIJ dysfunction**

**Venue: NCORE Training Room
Level 3
London Road Community Hospital
London Road
Derby
DE1 2QY**

Date: Tuesday 24th September 2019

THE SACROILIAC JOINT SIMPLIFIED

TUESDAY 24TH SEPTEMBER 2019

NCORE TRAINING ROOM LONDON ROAD COMMUNITY HOSPITAL

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**

Throughout the one day workshop questions and discussion are encouraged, delegates will also have the opportunity to participate in the practical sessions.

Web: www.ncore.org.uk - Email: dhft.ncore@nhs.net - Phone: (01332) 254679

Directions - please visit link for map and further information

London Road Community Hospital is located in the city of Derby, close to all the city's main amenities. The Hospital can be reached from the A52 and the M1 junction 25. Derby train station is within walking distance.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/>

Refreshments: will be provided

Catering outlets: League of Friends opposite the lifts on Level 3, Bistro
Restaurant Level 2, just after lifts

Parking: Should you be traveling by car there are limited car park facilities.
<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/parking/>