

THE TREATMENT OF PELVIC PAIN AND DYSFUNCTION WITH MANUAL THERAPY AND ACUPUNCTURE

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This is a two-day course. Part I introduces delegates to manual therapy assessment and treatment of the pelvis and strategies of rehabilitation. Part II offers delegates a management procedure using acupuncture in both Western and Traditional Chinese models for pain and dysfunction of the pelvis.

Day One

The following subjects will be covered:

1. Anatomy and biomechanics of the pelvis
2. The pelvis as a source of pain and dysfunction
3. Assessment of pelvic movement dysfunction
4. Assessment of Sacro-Iliac Joint [SIJ] mediated pain
5. Assessment of stabilising muscle function at the pelvis
6. Treatment of myofascial pelvic dysfunction
7. Evidence based rehabilitation.

Learning objectives:

- An understanding of the pathomechanics of the pelvis
- An understanding of the interpretation of assessment markers
- Identification of SIJ mediated pain, and SIJ/pelvic dysfunction
- Effective use of manual therapy to optimise pelvic function
- Evidence based clinical reasoning in rehabilitation exercise prescription.

Day Two

The following subjects will be covered:

1. Myofascial trigger point deactivation of pelvic muscles
2. Global pelvic pain management introducing participants to the underlying theory of Traditional Chinese Medical [TCM] acupuncture
3. TCM Pattern differentiation in pelvic pain [PP]
4. TCM emotional management of PP
5. Western acupuncture pain relief for segmental and descending noxious inhibition using:
 - a. Manual acupuncture
 - b. Electroacupuncture
 - c. Auricular acupuncture.

Learning objectives

- An understanding of the physiology of trigger point activity
- An understanding and application of acupuncture analgesia to PP and chronic pelvic pain [CPP]
- An understanding of TCM pattern differentiation in pelvic pain
- An understanding of biopsychosocial mechanisms in PP and CPP
- Interpretation of the theoretical underpinning into evidence based practice.
- Safe practice.

Practical

1. The acquisition of palpatory skills in order to determine the location and associated pain pattern of common trigger points in:
 2. The Hip
 3. The Pelvis
 4. The abdomen
5. The acquisition of effective trigger point release using non-invasive techniques.
6. Interpretation and clinical reasoning of TCM and western acupuncture into the management of CPP and PP.

Timetable - Day One

08:45	Registration
09:00	Introduction / clinical relevance / applied anatomy & biomechanics
09:45	Diagnosing SIJ pain
10:30	BREAK
10:45	Assessing movement dysfunction
11:15	Assessing myofascial disorders
12:30	LUNCH
13:15	Treating myofascial presentations
15:30	BREAK
15:45	Rehabilitation – What the literature tells us
16:15	Assessing load transfer and muscle function
17:00	CLOSE

Timetable - Day Two

08:45	Welcome
09:00	Introduction to pelvic meridians TCM approach to pelvic pain
09:45	Diagnosing the root of pain and addressing the pain mechanism with clinical reasoning
10:30	BREAK
10:45	Introduction to myofascial pain physiology
11:15	Assessing myofascial disorders
12:30	LUNCH
13:15	Treating myofascial trigger points
15:30	BREAK
15:45	Practical needling. Combining TCM with Western Clinical scenarios and reasoning
16:30	CLOSE