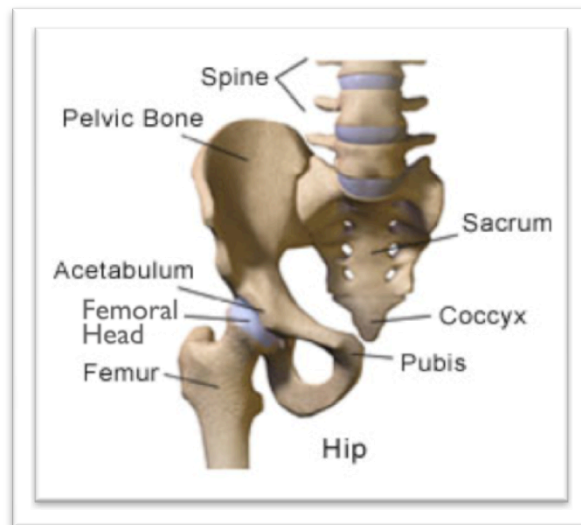


CORE, PELVIS AND HIP, A LONG-TERM COURSE

Cadaver Lab, Clinical Skills Lab, Evaluation and Intervention

Summer/Fall 2011 • San Francisco, CA



Presented by: Back to Life Physical Therapy and UCSF Department of Physical Therapy and Rehabilitation Science

Instructors:

Kimberly S. Topp, PT, PhD Kimberly holds a BS in PT from Northern Arizona University and a PhD in Anatomy and Cell Biology from UC Davis, completed in 1990. She carried out postdoctoral research in neurobiology in the School of Medicine at UCSF. She conducts research in nerve biology and publishes in the field of nerve biomechanics. Kimberly is Professor of Physical Therapy and Anatomy, and teaches anatomy to physical therapy students enrolled in the UCSF/SFSU Graduate Program in Physical Therapy and to medical students at UCSF.

Amy Selinger, PT, DPT, OCS Amy has a BA in biology from Miami University, an MS in PT from the University of Southern California and a DPT from Temple University. She completed her orthopedic clinical specialist certification in 1995 and recertified in 2005. Amy has a private practice that specializes in spine, hip and pelvic pain and incontinence and is an Assistant Clinical Professor in the UCSF/SFSU Graduate Program in Physical Therapy.

Course Location and Equipment:

Gross Anatomy Labs. University of California, San Francisco, Medical Sciences Building 513, Parnassus Avenue, San Francisco, CA 94143. All participants must wear closed shoes and some type of lab coat or oversized long sleeve T-shirt to protect street clothes. Dissection instruments and gloves will be provided.

Functional Skills Labs. University of California, San Francisco, 1500 Owens Street, Suite 400, San Francisco, CA 94143. All participants should wear comfortable lab clothes that allow exposure of the lumbar spine, thighs and hips as needed. All participants must be prepared to participate in the manual internal pelvic examination using each other as models.

Program:

Saturday, April 16, 2011

Lecture and Gross Lab – Abdominal wall

Functional Lab – Movement balance philosophy assessment including normal and abnormal postures and abdominal muscle testing

Saturday, May 14, 2011

Lecture – Abdominal viscera, posterior wall muscles and nerves

Gross Lab – Abdominal viscera, relationships, posterior abdominal wall

Functional Lab – Relative flexibility of lumbar spine

Saturday, June 11, 2011

Lecture – Bony structure of pelvis, external anatomy, pelvic viscera

Gross Lab – Internal and external pelvic anatomy

Functional Lab – Pelvic physical examination

Saturday, July 9, 2011

Lecture and Gross Lab – Hip joint, muscles, nerves

Functional Lab – Hip movement tests

Saturday, August 13, 2011

Lecture – Pelvic floor and relationship to hip, nerves

Gross Lab – Pelvic floor including dissection of pelvic floor (work on a hemi-pelvis)

Functional Lab – Evaluation of pelvic floor muscle strength and muscular tension

Saturday, September 10, 2011

Lecture – Putting all the pieces together – lumbar spine, hip, pelvis and sacroiliac joint

Functional Lab – Biofeedback including rectal and vaginal sensors, taping, myofascial release, pelvic floor strengthening and relaxation, pelvic congestion, and stabilizing devices such as sacroiliac belts, lumbar corsets and hip taping

Goals:

Refresh functional knowledge of neuromusculoskeletal anatomy of the lumbar spine, hip and pelvis.

Refresh knowledge of abdominopelvic viscera in relationship to musculoskeletal anatomy.

Gain ability to identify visceral and neuromusculoskeletal structures of the pelvic floor through surface anatomy and internal palpation.

Correlate practical knowledge of anatomical structures and biomechanics with current treatment techniques in physical therapy.

Describe an evidence-based rationale for physical therapy intervention.

Recognize and describe the complex interconnections between the lumbar spine, pelvis, and hip in your own patient population.

Daily Schedule:

8:00 am Lecture

9:45 am Break

10:00 am Gross Anatomy

12:00 am Lunch – on your own

1:00 pm Lecture

2:00 pm Functional Lab

3:00 pm Break

3:15 – 5:30 pm Functional Lab

Participants: This course is designed for practicing physical therapists and those returning to practice who are interested in a comprehensive examination of the lower trunk, pelvis and hip with specific and detailed instruction and feedback. The first 12 individuals whose registration materials are received in full will be registered for this course. Once this course is full, individuals will be placed on a waiting list for the 2011 course and will receive a priority mailing for the 2012 course.

Registration Information:

Registration fee: \$2500.00

Forward registration materials to:

Amy Selinger, PT, DPT, OCS

329 Bryant Street, Suite 2A

San Francisco, CA 94107

amy@backtolife.net

phone: 415.538.7878

fax: 415.538.7818

Registration Form

NAME: _____

TITLE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

Include the following with your registration form:

1. A brief resume or current CV.
2. Your objectives for this course.
3. \$1250.00 deposit made out to Amy Selinger. Balance due by end of first session.

Registration fee will be returned minus 25% for cancellations within two weeks of the course.