

# Decoding Dysfunction:

## SI/Spine

(Follows Level 1 Course)

**8 CEU's**

### **Sponsor On-Site Classes**

We provide the skill, staff and tools for CE at a discount when you provide the location and participants!

**A third lab intensive course that builds on the information covered in Level I Decoding Dysfunction following the lab format and focus on determining the cause of spine dysfunction. This class provides a comprehensive assessment & treatment path that is practical and easy to follow for all patient populations.**

**Assess & treat SI and lumbar pain without the confusion that usually accompanies LBP. Treat SI with ease and confidence and thrill your patients!**

**Classes are offered on  
Friday, Saturday OR  
Sunday**

**8am-5pm**  
7:30 registration

### **Course Objectives:**

- Evaluate & Integrate the biomechanical chain of function from the foot through the spine/pelvis
- Efficiently perform differential diagnosis of SI, Disc, facet and muscle dysfunction
- Synthesize the examination information of the lumbar spine and pelvis to efficiently develop and implement a functional treatment plan using at least 6 new treatment techniques
- Develop an advanced understanding of postural correction and core stabilization using unweighting, wedging and neuromuscular re-education techniques to enhance current skills
- Develop proficiency in new treatment techniques to improve core activation and correct postural compensations using at least 6 progressions for SI/lumbar stabilization

**To discuss scheduling a class at your facility please call!**

### **Questions to:**

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**Decoding Dysfunction: SI/Lumbar Spine** provides an efficient and functional process to evaluate and treat the lower spine and pelvis. As with the other Decoding Dysfunction offerings, The SI & Lumbar Spine course uses current evidence paired with practical tools and techniques that can be implemented immediately in the clinic. This course provides biomechanical exploration of patient evaluation and treatment with easy to use, patient focused techniques that will fit into any clinical setting. This 8 hour class will provide efficient and functional interventions using the biomechanical chain as a driver for dysfunction correction and self management. This course identifies the issues and answers the questions that frequently arise and limit success when treating this patient population including...

- Why is the SIJ such an issue?
- How can the SI be addressed easily in the time available in the clinic?
- Do you find that you can identify an SI issue, but resolving it is more complicated?
- What is the role of the Psoas Major in the role of pain perpetuation?
- What other options are there to engage the core?
- How can I better teach my patients to engage in self care?
- The psoas is an issue but how do I resolve it long term?

If you are interested in finding out the answers to these questions, this is the class for you!

\*Due to the large volume of information provided during this class, a pre-class video is required to view in order to ensure that all participants receive the information from a baseline of function.

### Course Schedule:

7:30-8:00 Registration	12:00-1:00 Lunch
8:00-8:30 Introduction	
Function at the local & global level	1:00-3:00 Interpretation for Treatment <b>(Lab)</b>
Biomechanical cross relationships	Acute correction, clinic to home for SI
8:30-12:00 Foot to Spine Evaluation <b>(Lab)</b>	Stabilization, mobilization, restoration beyond the clinic
Subjective clues to differential diagnosis	3:00-4:45 Restoring, Rebalancing, Rebooting <b>(Lab)</b>
Posture in 3 planes	Foot to spine
Function ROM: SI vs lumbar	Manual to functional progression
Gait and determining compensation	Lumbar unweighting
Stability & mobility screening	
Accessory testing	
Special tests; are they really special?	

### Presenter Bio

Anita Davidson PT, DPT, CAFS has been actively involved in providing educational programs for over 30 years for both corporate and professional audiences. She has been an invited speaker for university and college programs for physical therapists and athletic trainers. In addition, she has developed and presented several physical therapy association programs on various topics related to function. Her dedication to working with the "difficult" patient has provided an excellent opportunity to achieve successful outcomes and outstanding patient satisfaction. Her focus on identifying the root cause dysfunction and has refined her skills at restoring function. Anita believes that we can learn something from each patient and enthusiastically shares this knowledge with her professional peers.

Anita is the President/CEO of Creative Rehab, Inc., Center for Sports, Wellness & Rehab ([www.creativerehab.net](http://www.creativerehab.net)) and the founder of CREAT, Creative Research & Education. ([www.creatpt.com](http://www.creatpt.com)) In addition to her educational seminars, she is actively involved in clinical research through the generous participation of her patients. She is a graduate of Indiana University with a BS in Physical Therapy and her Doctor of Physical Therapy from Rosalind Franklin University of Medicine and Science.

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