

**Medical Exercise Therapy: Level 4 – Pelvis
8 Contact Hours****Objectives**

The main objective of Level 4: M.E.T. - Pelvis is for clinicians to obtain the skillset of implementing dosing, design and implementation strategies for the pelvis related therapeutic exercises. The course will help the clinician to perform a functional assessment. Clinicians will be able to design therapeutic exercises based on the functional biomechanics of the pelvis as the link between the spine and the lower quadrants in the kinetic chain, its role in locomotion and core stabilization.

With a balanced mix of lecture and lab practice, this course enables clinicians to immediately implement therapeutic exercises with high specificity of dose, design and delivery for the pelvis.

Upon completion of this course the student will:

- Direct therapeutic exercise design and dosing based on the knowledge of demographics, prevalence, prognosis of pelvis pathology, impairment and dysfunction.
- Direct therapeutic exercise design and dosing based on the knowledge of pelvis kinetics, kinematics and regional interdependence.
- Recognize the components of therapeutic exercise prescription for the pelvis.
- Operate a handheld dynamometer to facilitate the Clinical Fatigue Test spine related therapeutic exercises.
- Execute a Clinical Fatigue Test for pelvis related therapeutic exercises.
- Formulate an exercise prescription with high specificity.
- Dose therapeutic exercises utilizing different resistance equipment and body mass.
- Dose therapeutic exercises for strength, strength/endurance, endurance, power, symptom reduction, mobilization and stabilization.

Recommended Pre – Course Reading

- Linley HS, Sled EA, Culham EG, Deluzio KJ. A biomechanical analysis of trunk and pelvis motion during gait in subjects with knee osteoarthritis compared to control subjects. Clin Biomech (Bristol, Avon). 2010 Dec;25(10):1003-10.
- Vleeming A, Schuenke MD, Masi AT, Carreiro JE, Danneels L, Willard FH. The sacroiliac joint: an overview of its anatomy, function and potential clinical implications. Journal of Anatomy. 2012;221(6):537-567.

Course Outline

All modules are a combination of lecture and lab

Day 1

08.00 AM	Registration
08.15AM	The M.E.T. METH odology: Dosing – Design - Delivery
08.30 AM	Case Studies
09.30 AM	Biomechanics of the Pelvis: Considerations for Therapeutic Exercise Design
10.30 AM	Break
10.45 PM	Symptom Reduction Exercises for the Pelvis
11.15 PM	Mobilization Exercises for the Pelvis: Manual Therapy Alignment, Design and Dosing
12.45 PM	Lunch
01.30 PM	Stabilization and Functional Integration: Therapeutic Exercise design considerations
03.30 PM	Break
03.45 PM	Strength Exercises for the Pelvis
04.30 PM	Case-studies and Theoretical Post – Course Interaction
05.30PM	Adjourn