Muscle Energy Techniques & Management of Pain in Lumbosacral Region & Pelvis (Level 1)

Monday 7th May 2012 9.15am – 5.15pm

8 Hours CPD - £99 / €125

Course Description

The ‘Muscle Energy Techniques (MET) & Management of Pain in The Lumbosacral region & Pelvis' (Level 1) Course will provide attendees with a comprehensive explanation of the biomechanics of the lumbar-spine and pelvis and detail the neurological properties of lumbar flexes. The course will also enable therapists to successfully identify and treat dysfunction of the lumbosacral region.

Special examination techniques to identify neural tension and its underlying causes and effective treatments to correct these dysfunctions using an evidence-based approach will be provided.

There will be a focus on clinical reasoning throughout the course, making the recognition of lumbosacral and pelvic problems easier to identify.

Treatments will include Muscle Energy Techniques for these dysfunctions, as well as the use of basic manipulation.

Appropriate attention will be given to good handling skills and the use of alternative methods, where appropriate.

A short mock case study will be provided at the end of course for attendees to put into practice the knowledge gained during the day.
**Topics covered**

1. Introduction to the course.
2. Bony palpation of all bone landmarks and soft tissue areas.
3. The alignment of the sacrum and its importance with regard to low back pain.
5. Sacroiliac dysfunctions, biomechanics of sacroiliac region and its importance in respect of low-back pain.
6. Lumbar-spine dysfunction & biomechanics and theories used.
7. Pubic-symphysis dysfunction - background and theories around pelvis dysfunction for chronic back pain

Pain Management and Muscle Energy Techniques will be included in every level of the topics covered above.

**Who is the course for?**

The course is suitable for all levels of practitioner, from those who are seeking to gain solid evidence-based knowledge in the treatment of lumbar-spine and pelvic dysfunction to those wishing to build on already acquired skills and knowledge and learn new techniques in the treatment of musculoskeletal disorders of the lower-back and spine.

**Course Presenter - Gopalan Sivakumar**

Gopalan Sivakumar (Goshi) is a HPC and CSP registered specialist in neuro-musculoskeletal disorders working for the past 23 years in various countries and has extensive hands-on clinical and teaching practice in treating and curing low-back pain, which is one of the most common complaints of patients and one which profoundly affects their work and daily life.

Goshi is a spinal specialist and takes a scientific and holistic approach to curing spinal problems. He uses novel techniques to retrain motor cortical centres to relieve chronic pain syndrome using his Motor Cortical Programme.
Goshi is an enthusiastic person both in his teaching and clinical practice. He works effectively using evidence-based practice, handling skills and clinical reasoning. He has an approachable manner and puts course attendees at ease regardless of their skills and experience.

Goshi is currently practising with Right Therapy Care UK Ltd at The First Step Therapy Centre in Newry in Northern Ireland, working as a Senior Specialist Neurological Physiotherapist handling different paediatric and adult musculoskeletal and neurological conditions, such as those with genetic disorders, spinal disorders and brain injuries. He also effectively treats sports and work-related general injuries at this busy clinic.

In the past, Goshi has also provided outreach physiotherapy services for the Belfast Health Action Zone’s Integrated Services Programme for Children and Young People helping a variety of patients under the age of 25 to improve cognitive skills and activities of daily living.

Course Fees and Charges:

The fee covers 8 hours tuition, manual & certificate of attendance plus lunch and refreshments and is £99 / €125.

Secure Your Place Now

Due to the practical nature of the course only 10 spaces are available. Seat allocation is on a first-come-first-served basis upon receipt of your payment. In the event of over-subscription we will allocate you a place on a future course of the same topic and level.

Your Payment

Payment is by cheque and is to be made payable to ‘Right Therapy Care UK Ltd’. Please return payment with your completed booking form (overleaf)

Contact us

For further details contact Goshi on 0044 (0)79 1294 1554 or our website

www.first-step-therapy.com for more information.
Booking Form

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Please make cheque payable to ‘Right Therapy Care (UK) Ltd’ and return it with this form to

Right Therapy Care UK Ltd, First Step Therapy Centre, Unit A Curves Building
52 Armagh Road, Newry. Co. Down, BT35 6DN.