

Muscle Energy Techniques: Lumbar Spine and Pelvis

Jay Cookson

BSc MMACP MCSP PGD Manipulative Physiotherapy SRPCMP

Presenter

Jay Cookson works as the musculo-skeletal clinical specialist/lead for the Southampton City PCT. He also works as an ESP in spines, shoulders and the lower limb for the same trust. These varied roles involve the clinical supervision and development within the trust. Combined with his NHS commitments he is also an external lecturer at the School of Health Professions at the University of Southampton, lecturing neuromusculoskeletal physiotherapy and applied anatomy.

Jay considers himself to be a manual therapist with an enthusiasm for the teaching of advanced handling skills and clinical reasoning.

Course Description

This course will provide a comprehensive outline of the biomechanics of the lumbar spine and pelvis. It will enable therapists to identify dysfunction of this area of the body and will equip them with varying treatments to correct these dysfunctions.

There will be a focus on clinical reasoning throughout the course, making the recognition of lumbar spine and pelvis problems easier.

Treatments will include all the MET's for all the dysfunctions, as well as, basic manipulation. Close attention will be given to good handling and alternative methods where appropriate.

Course Outline

1. Introduction
2. Bony palpation. Palpation of all bony landmarks and soft tissue.
3. Sacral Torsions and side bent sacrum. Biomechanics and identification of backward and forward sacral torsions, moving to treatments of these.
4. Iliac dysfunctions. Considers upslips, downslips, in-flares, out-flares, anterior and posterior rotations of the ilium.
5. Lumbar spine dysfunction. Looks at biomechanics (type 1 and 2) to enable the identification of dysfunction in a different manner from the more widely used theories.
6. Pubic Symphysis dysfunction. Considers the application of the theories to this area of the pelvis

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2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
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