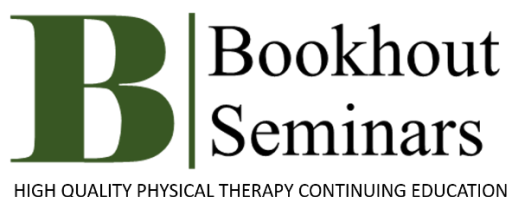


# An Eclectic Approach to the Evaluation and Treatment of the Pelvis



**April 19-21 2024**

**Tuition: \$650**

**Therapeutic Evolution PT  
6 Executive Park Dr, Suite D  
Albany, NY 12203**

## ABOUT US

Bookhout Seminars is a physical therapy continuing education group that specializes in instructing physical therapists in advanced evaluative techniques and manual interventions. Mark Bookhout, PT, MS, FAAOMPT, CFMM developed this material over 35 years of clinical practice with influences from Stanley Paris, Michigan State School of Osteopathic Medicine, The Barral Institute, Janda, Feldendrais and countless other experts. Bookhout Seminars emphasizes integration of competing approaches into a single cohesive evaluative and treatment approach.

## INSTRUCTOR

**Kyle Cook, MPT, OCS** is currently practicing at Loyola Medical Center in Chicago and is also an instructor in Loyola's Orthopedic Residency and Spine Fellowship Programs. He is a 2006 graduate of the University of Wisconsin-Madison Physical Therapy program, and later completed UW-Madison/Meriter Orthopedic Residency Program. Kyle has been published in JOSPT and AANS Neurosurgeon. He is clinical faculty at The Michigan State School of Osteopathic Medicine's Continuing medical education department and co-owner of Bookhout Seminars, LLC.

TO REGISTER YOU CAN PAY:



Credit card payments  
via Square (2.7% fee)

Zelle Payments

Please email if paying by check

## Course Description

This 2 ½ day course will focus on the evaluation and treatment of the pelvis contrasting and comparing a variety of schools of thought, including the Mitchell Osteopathic Muscle Energy model, Laslett's SI pain provocation tests, Mulligan's SI joint mobilization with movement, various soft tissue mobilization techniques and Comerford's functional stability and motor retraining concepts. Treatment approaches will include Muscle Energy techniques, mobilization with movement, soft tissue mobilization including recoil, and specific exercises for self mobilization and functional motor retraining of the pelvis.

## Cancellation Policy

Cancellations within 30 days of course will be refunded minus transaction fees. Cancellations within 14 days of course will be credited with tuition for future course

## Course Objectives:

1. To review the functional anatomy and biomechanics of the pelvis.
2. To understand the osteopathic model for evaluation and treatment of the pelvis according to Mitchell and Greenman.
3. To familiarize the student with the SI pain provocation tests advocated by Mark Laslett.
4. To instruct the student in Mulligan's approach to evaluation and treatment of the SI joint using mobilization with movement.
5. For the student to become familiar with soft tissue approaches, including recoil mobilization techniques, for the pelvis.
6. For the student to learn how to evaluate and treat the pelvis using Functional tests of SI self-locking as advocated by Mark Comerford.
7. For the student to be able to choose the appropriate treatment for the pelvis based upon the patient's clinical presentation and results from the eclectic evaluation and treatment options presented in this course.

## Course Schedule (Breaks and lunch omitted)

### Day 1 3:00pm – 7:30pm

- 3:00 – 3:15 Goals and Objectives for the Course
- 3:15 – 4:00 Anatomy of the Pelvis
- 4:00 – 5:00 Biomechanics of the Pelvis - Mitchell
- 5:15 – 6:00 Pathological Biomechanics of the Pelvis and the "Dirty Half Dozen"
- 6:00 – 7:30 Standing and Seated Evaluation of the Pelvis (Mitchell Model)

### Day 2 8:00am – 5:30pm

- 8:00 – 8:30 Review of day 1 and questions
- 8:30 – 10:00 Supine and Prone Evaluation of the Pelvis (Mitchell Model)
- Treatment of Lower Thoracic Spine with Muscle Energy Technique
- 10:15- 11:00 Evaluation of the Pelvis (Mechanical Link)
- 11:00- 12:00 SI Pain Provocation Tests - Laslett
- Functional Tests of Sacroiliac Joint Self-Locking - Comerford
- 1:00 – 3:15 Treatment of the Pelvis – Muscle Energy
- 3:30 – 4:30 Treatment of the Pelvis –Mulligan Approach
- 4:30 – 5:30 Treatment of the Pelvis- Mechanical Link

### Day 3 8:00am – 4:00pm

- 8:00 – 8:30 Review of day 2 and questions
- 8:30 – 10:00 Soft Tissue Techniques for the Pelvis
- 10:15 – 12:00 Soft Tissue Techniques for the Pelvis
- 1:00 – 2:15 Motor Control Retraining for the Sacroiliac Joint – Comerford
- 2:15 – 3:45 Self Mobilization Techniques and Home Exercise Program
- 3:45 – 4:00 Final questions and wrap up