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AOTA Approved Provider #4023

**Course Title:** Rehab 193

**Course Subtitle:** Therapeutic Programs for Musculoskeletal Programs Involving the Pelvis

**Source:** Therapeutic Programs for Musculoskeletal Disorders, by James F. Wyss and Amrish D. Patel

**Source Description:** Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans. Chapters are written by teams of musculoskeletal physicians, allied health professionals, and trainees to underscore the importance of collaboration in designing programs and improving outcomes.

The book employs a literature-driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis. Each condition-specific chapter includes clinical background and presentation, physical examination, and diagnostics, followed by a comprehensive look at the rehabilitation program. Case examples with detailed therapy prescriptions reinforce key points.

See course outline below for details

**Target Audience:** PT/PTA and other healthcare professionals

**Course Length:** 1 hour

**Course Author/Instructor:** Wyss, MD, PT and Patel, MD, PT / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the end of the course, participants will be able to:

- Describe 3 key characteristics of sacroiliac joint dysfunction, piriformis syndrome and pelvic dysfunction
- List 3 therapeutic modalities for each of the above conditions
- Analyze 2 manual therapy techniques for each of the above conditions
- Describe 3 key components of the home exercise program

## **Outline of Content:**

### **Hour #1**

#### Sacroiliac Joint Dysfunction

- Introduction
- The Rehabilitation Program
- Therapeutic Modalities
- Manual Therapy
- Therapeutic Exercise
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

#### Piriformis Syndrome

- Introduction
- The Rehabilitation Program
- Therapeutic Modalities
- Manual Therapy
- Specialized Techniques
- Home Exercise Program
- Summary
- Sample Case
- Sample Therapy Prescription

#### Pelvic Dysfunction: Diagnosis Directs Treatment

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of the course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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