



PELVIS & LUMBAR SPINE WORKSHOP

Information sheet

Day 1 - ILIO-SACRAL DYSFUNCTION

Ilio-Sacral Dysfunction by definition is.... **How misaligned Iliac bones influence the Sacrum and functional leg lengths.** Includes basic Cervical Assess & Treat. This three-day workshop forms AMT's most important 'Foundation' training. Learn to address the iliac bones not only via the muscles but at the source, the spine, for more effective and longer lasting results. This workshop includes **basic neck palpation** and the extremely effective, simple '**Neck reflex**' technique. **The correction of the iliac bones takes only one or two moves**

Day 2 - SACRO-ILIAC DYSFUNCTION [Plus - Lumbar Spine]

Sacro-Iliac Dysfunction by definition is... **How a misaligned Sacrum can impact on the Iliac** causing SIJ dysfunction, L5 vertebral misalignment, along with compromising spinal fluid flow. Learn to assess and correct the sacrum and lumbar spine and understand their importance in health and function. **Learn of the Occiput's involvement in sacral dysfunction. One move does the correction!** Also learn to **assess and correct lumbar spine vertebrae**. In particular L5 is responsible for many lower back, pelvis and leg symptoms. Don't just treat a symptom! Correct at the source which is usually far away from the tight muscle you want to treat. Learn about the reasons why the neck can affect the pelvis via **Spinal Reflexes**.

Day 3 - NEUROMUSCULAR RE-EDUCATION

Along with consolidation of prior two days –

Neuromuscular Re-Education (NREs) are **"dysfunction specific" take-home movements or static holds that the client does on a daily basis to lessen or prevent muscle memory pulling the bony structure back out of alignment and back into pain again.** They return a chronic hypertonic muscle back to normal muscle tone. NRE's are not compulsory, and can be reserved for difficult cases where your corrections aren't holding. The second treatment is a good place to start if your initial corrections have not held. How often have you heard a client say **"I felt good for a few days after the treatment but now the pain has returned"**. Areas addressed with NRE's include the Pelvis, Sacrum, Lumbar Spine. Most of us are carrying around chronic muscular dysfunction patterns. These are the normal way your body responds to day to day physical stress over a period of months or many years. Unless we receive a different type of injury these ground in dysfunctions often slowly creep back and eventually cause pain again. **AMT calls this the 'Chronic Pain Cycle' and NRE's have a high success rate for rectifying this pain pattern. NRE's are specific for each pelvic dysfunction as identified and addressed in clinic.** They have the ability to correct on their own so when done daily are like the client having a mini treatment daily!