

## Musculoskeletal Assessment of the Pelvis Workshop

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Learn about the clinical and functional anatomy of the pelvis at the Musculoskeletal Assessment of the Pelvis workshop.

After this one-day course you'll understand the musculoskeletal anatomy and biomechanics of the pelvis, be able to identify pelvic dysfunction, and rationalise how problems occur and can be managed.

There will be a recap on bony and articular anatomy, a presentation on the functional biomechanics of the pelvic complex, followed by teaching and demonstration of assessment of the pelvis using motion palpation and positional palpation.

Leg length will be included along with identification of pubic symphysis dysfunction and sacral dysfunction. Please note; treatment of the condition will not be included in this one-day course in any depth.

### Overview

Musculoskeletal problems involving the lower back, hip and pelvis often result from or involve dysfunction of the pubic symphysis and sacroiliac joints.

The sacroiliac joint has been shown to be a source of pain in 10% to 27% of people presenting with low back pain. These problems are very common in both sporting populations and also within the general population. Pathologies involving these areas are often poorly understood and can go unrecognised.

### Tutor Information - **Duncan Mason**

Duncan qualified in 1990 and worked in the National Health Service (NHS) for several years. He has extensive experience, having worked with a wide range of patients and conditions, specialising in diagnosis and management of musculo skeletal pathologies. His work history includes Clinical Specialist roles in Upper Limb, Lower Limb and Spinal condition, working closely with Orthopaedic surgeons. Duncan is vastly experienced in the management and prevention of running injuries. He has worked with many of Great Britain's top distance runners.

His UK Athletics work includes:

- Several GB athletics team altitude camps in the French Pyrenees and in Kenya
- Great Britain team Physiotherapist for the World half Marathon Championships

- Great Britain team Physiotherapist for European Cup 10,000m
- European Championships holding camp
- Part of medical team at the European Championships in Barcelona 2010
- Providing regular physiotherapy to GB Team members throughout the year

He is completing a PhD looking at the parameters of running gait in elite athletes and the effect of running injuries on biomechanics in the Gait laboratory at the University of Salford, where he currently lectures in Physiotherapy at Undergraduate and post graduate levels.

His specialist knowledge into managing athletics injuries comes from his extensive experience from training and competing as an athlete, with a 65 minute half marathon PB and has run in the elite field at the London marathon finishing in the top 30.

### **Delegates**

Nurses, doctors, physiotherapists, and GPs will benefit from attending the Musculoskeletal Assessment of the Pelvis Workshop.

### **Learning Outcomes**

The aim of the Musculoskeletal Assessment of the Pelvis Workshop is:

- To teach the clinical and functional anatomy of the pelvis
- To present the basic functional biomechanics of the lumbo-sacral complex
- To demonstrate assessment techniques of the pelvic complex including pubic symphysis, ilial and sacral dysfunctions
- To practice and develop assessment skills of the pelvis
- To develop effective clinical reasoning skills in diagnosis of sacroiliac and pubic symphysis problems
- To rationalise assessment findings to reason causes of pathology

**If you are interested in learning more about this Musculoskeletal Assessment of the Pelvis workshop or other courses available, please contact us on 0845 431 0433 or [cpd@salford.ac.uk](mailto:cpd@salford.ac.uk)**