

## Outline

### UNLOCK THE MYSTERY OF THE PIRIFORMIS AND QUADRATUS LUMBORUM

- How the piriformis and the quadratus lumborum impact the SIJ
- The biomechanics of the pelvis
- Why low back pain is simple yet complex
- Impact of spinal curves and coupled spinal movement
- Sacral movement and its relationship to the piriformis

### HOW BEST TO RELEASE THE PIRIFORMIS AND QUADRATUS LUMBORUM

- Importance of patient education and safety
- Muscle swimming – unique combination of several manual therapies
- Positional release: a safe alternative to direct palpation
- Muscle Energy Techniques (MET)
- *Case studies*

### PIRIFORMIS AND DEEP LATERAL ROTATORS

#### UPGRADE YOUR ASSESSMENT TESTS TO FIND THE ROOT CAUSE FASTER

- Short piriformis
- Piriformis syndrome
- Positional release
- MET technique for short piriformis
- *Demonstration and practice: LAB*

#### TECHNIQUES TO REACH THE PAIN, ELIMINATE IT AND RESTORE FUNCTION

- Pin and rock technique
- Pin and move technique on trigger points
- Cupping
- Assisted table stretch for piriformis
- *Demonstration and practice: LAB*

### QUADRATUS LUMBORUM

#### UPGRADE YOUR ASSESSMENT TESTS TO FIND THE ROOT CAUSE FASTER

- High iliac crest
- MET corrects for high iliac crest
- Positional release for short quadratus lumborum
- *Demonstration and practice: LAB*

#### STRATEGIES TO REACH THE PAIN, ELIMINATE IT AND RESTORE FUNCTION

##### Standing techniques

- Assessment of QL length from side-bending
- Standing papation
- *Demonstration and practice: LAB*

##### Prone techniques

- Skin rolling
- Warming the tissue
- Assessing the tissue
- Cupping
- *Demonstration and practice: LAB*

##### Side-lying techniques

- Fascial lengthening
- Warming the tissue
- Practice muscle swimming strategies for release
- Pin and rock
- Cupping
- Pin and move technique on TP's
- *Demonstration and practice: LAB*

##### Additional techniques to create new neuromuscular pathways

- Stretching techniques
- *Demonstration and practice: LAB*

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## Live Seminar & Webcast Schedule

(Times listed in Central)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (on your own)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

*"This class blew my mind on how easy and effective it can be to treat someone with back or pelvis pain."*  
Courtney, PT

*"After doing a few exercises I learned from Peggy with my patients, they immediately began to feel relief."*  
Steven, OT

## Target Audience

Physical Therapists • Physical Therapist Assistants • Massage Therapists  
Occupational Therapists • Certified Occupational Therapy Assistants  
Athletic Trainers • Certified Strength and Conditioning Specialists  
Exercise Physiologists • Personal Trainers • Rehab Nurses

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# Manual Therapy for the Piriformis & Quadratus Lumborum

The Solution to Back and Pelvic Pain You Are Missing

**Wichita, KS**  
December 11, 2019

**St. Louis, MO**  
December 13, 2019

**Overland Park, KS**  
December 12, 2019

**Live Video Webcast**  
December 13, 2019

# Manual Therapy for the Piriformis & Quadratus Lumborum

The Solution to Back and Pelvic Pain You Are Missing

- Master innovative yet non-invasive techniques to treat hard to reach muscles
- Eliminate pain and restore function and fluidity
- Prevent unnecessary surgeries, complications, and narcotic prescriptions
- Return your patients back to an active, pain-free life today

**Wichita, KS**  
Wednesday  
December 11, 2019

**St. Louis, MO**  
Friday  
December 13, 2019

**Overland Park, KS**  
Thursday  
December 12, 2019

**Live Video Webcast**  
Friday  
December 13, 2019



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# Manual Therapy for the Piriformis & Quadratus Lumborum

Your work with lower back pain can give patients their lives back, allowing them to once again enjoy the things that debilitating pain had taken from them.

**The piriformis and quadratus lumborum, often-missed muscles in back and pelvic pain, can mimic other dysfunctions frustrating your ability to identify the root of your patients' problem.** Not only that, the piriformis and quadratus lumborum are difficult muscles to palpate, leaving you feeling hesitant and uncertain in your treatment plan.

Don't go down the wrong treatment path, feeling defeated and worried that your client will face surgery that you can help them avoid.

**Feel your confidence grow and your skills sharpen as you gain new, evidence-based strategies to release the quadratus Lumborum and piriformis and stop the pain in as little as 4 to 6 sessions.**

Identify the root of the problem the first time by using special assessment tests and measures, so you can address the pain and restore function quicker. Utilizing case studies and demonstration lab time, you will walk away from this workshop immediately ready to confidently tackle low back and pelvis pain in your patients.

Peggy Lamb, LMT, has spent the last 30 plus years as a manual therapist. In that time, she has treated numerous low back and pelvic dysfunctions by effectively releasing these two difficult and often overlooked muscles, giving her patients a new lease on life. Her experience and knowledge will allow you to do the same for your patients.

**So sign up today to confidently and effectively treat low back and pelvic pain in your patients!**

## Speaker



**PEGGY LAMB, MA, LMT, BCTMB**, has been a manual therapist and bodyworker for over 30 years and is certified through the National Certification Board for Therapeutic Massage and Bodywork. She owns a private massage and movement therapy business, where she practices when she's not lecturing. Ms. Lamb received her initial training at the New Mexico Academy of Massage and Advanced Healing Arts in Santa Fe, New Mexico, and at Wellness Skills, Inc., in Dallas, Texas. She taught clinical anatomy and physiology, trigger point therapy, and Swedish techniques at Wellness Skills, Inc., in Dallas and at Texas Healing Arts Institute in Austin. In addition to her extensive training in massage therapy, Ms. Lamb holds a master's degree in dance from American University in Washington, DC. She also teaches dance and yoga and is a personal trainer. She is the author of *Releasing the Rotator Cuff*, *The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum*, and *Stretch Your Patients: The Bodyworker's Guide to Client Table Stretches*. Ms. Lamb is an approved CE provider for the Texas Department of Health, the National Certification Board for Therapeutic Massage and Bodywork, and the Florida Department of Health. In addition, she has presented nationally at many AMTA state chapter conventions. Ms. Lamb brings her eclectic and extensive background into her teaching for an enlightening and enjoyable learning experience.

### Speaker Disclosures:

Financial: Peggy Lamb maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Peggy Lamb has no relevant non-financial relationships to disclose.

## Objectives

1. Classify the anatomy of the low back and pelvis and what roles the piriformis and quadratus lumborum play.
2. Identify assessment tests for a short piriformis and piriformis syndrome.
3. Examine trigger point referral patterns of the piriformis and quadratus lumborum.
4. Practice techniques for palpating, stretching, and releasing the piriformis and lateral rotators.
5. Create plan of care using standing, prone, and side-lying techniques to gently and effectively release the quadratus lumborum and ultimately save your hands.
6. Discuss strategies for avoiding reoccurring injuries of the low back and pelvis.



PESI, Inc. is proud to offer this seminar (at these locations only) **free of charge** (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

### HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Clark Christian at [cchristian@pesi.com](mailto:cchristian@pesi.com) or 715-855-5261.

### Questions?

Call customer service at **800-844-8260**

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### The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum DVD

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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**Kansas Occupational Therapists & Occupational Therapy Assistants:** This course has been sent to the Kansas Occupational Therapy Association for review. Credit is pending.

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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