

## 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*

#### Live Seminar & Webinar Schedule (Time listed in Eastern)

- 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.

## Objectives

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

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# Manual Therapy for the Piriformis & Quadratus Lumborum

The Solution to Back and Pelvic Pain You Are Missing

Fairfax, VA  
Friday  
March 4, 2022

Live Interactive Webinar  
Friday  
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# 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

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# 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!

*"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

## Recommended DVD:



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

By Peggy Lamb, MA, LMT, BCTMB **SEMINAR SPEAKER**

This DVD demonstrates the tools to restore power, ease, and fluidity to the low back and pelvis. Discover gentle and effective deep tissue protocols for releasing these muscles using Peggy's original and innovative Muscle Swimming approach. This is your complete guide to freedom from low back pain!



If you are not satisfied, please contact our customer service team at [www.pesirehab.com/info](http://www.pesirehab.com/info) or 800-726-3888 and we will make it right.

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## Can't attend in person? You can still join us!

**Watch live webinar from your home or office** – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) OR **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit [pesirehab.com](http://pesirehab.com) for availability).

**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 **Matt Anderson** at [manderson@pesi.com](mailto:manderson@pesi.com) or call **715-855-8174**.

# Meet Your 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 Disclosure:**  
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.

## 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

## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webinar can be downloaded after completing the webinar and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. 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 800-726-3888 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

**Exercise Physiologists:** ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

**Personal Trainers:** This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

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**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours. Partial contact hours will be awarded for partial attendance.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Physical Therapists & Physical Therapist Assistants:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**Maryland Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

**Virginia Physical Therapists & Physical Therapist Assistants:** CE credit is available. This course consists of 6.25 continued competency credit hours for Virginia Physical Therapists and Physical Therapy Assistants. Regulation 18VAC112-20-131, Section B, (1)(c) states that type 1 continued competency credits can be earned by attending courses that are directly related to the clinical practice of physical therapy and have been approved by local, state, or federal government agencies. PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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# Manual Therapy for the Piriformis & Quadratus Lumborum

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### 4 Recommended DVD

**\$40.00\* The Core of the Matter: Releasing the Iliopsoas and Quadratus Lumborum DVD** [ZNV085590]

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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