



DEBORAH RICZO, PT, DPT, MEd
RICZO HEALTH EDUCATION

Deborah Riczo, PT, DPT, MEd has been a practicing physical therapist for over 30 years, most of which has been spent in clinical practice at MetroHealth Medical Center, Cleveland, OH. Her areas of specialty include women's health, pregnancy/postpartum, sacroiliac dysfunction, lymphedema, breast cancer and industrial rehabilitation. Deborah has been a Women's Health Section member of the APTA for over 30 years, an APTA Orthopedic section member, adjunct faculty and guest lecturer at Cleveland State University DPT program. She has presented at APTA national Combined Section Meetings, state conferences and district meetings. She is the founder of Riczo Health Education which provides courses, speakers and consulting for the health care industry. See abbreviated Curriculum vitae at www.RiczoHealthEducation.com for more detail.



RICZO HEALTH EDUCATION

is dedicated to providing innovative health care education and consulting services to health care professionals and private individuals.



Simplifying
SACROILIAC DYSFUNCTION

Presented by:
Deborah Riczo, PT, DPT, MEd.

Open to PTs, PTAs, PT students, PTA students, physiatrists, PM&R residents
15 CEU's

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Courses, speakers & consulting for the health care industry

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15 CEU SEMINAR

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Simplifying SACROILIAC DYSFUNCTION

This 2-day course provides an excellent foundation for understanding sacroiliac dysfunction through PowerPoint, video, and group activities/critical thinking/lab practice. A significant portion of this course is dedicated to hands-on practice. Case studies will be presented representing diverse diagnoses (hip, groin, back pain, pelvic floor dysfunction, trauma) as well as a wide range of age groups. You will develop quick screening tools that are clinically applicable and a treatment approach for sacroiliac dysfunction that can be readily used “on Monday morning” after the course.

LEARNING OBJECTIVES

At the completion of the seminar, participant will:

- Understand the dynamics of the pelvic girdle and what structures are commonly involved in dysfunction.
- Demonstrate an understanding of the current literature regarding diagnosis of sacroiliac joint dysfunction
- Differentiate among the numerous special tests to identify sacroiliac joint dysfunction and identify a cluster of at least 4 special tests supported in the literature and demonstrate skill at performing them.
- Identify a cluster of four tests used in the Pelvic Girdle Musculoskeletal Method (PGMM) and discuss the rationale/literature support for this cluster. Demonstrate skill at performing this cluster.

- Accurately identify and palpate critical bony landmarks, muscles and ligaments of the pelvic girdle
- Understand the rationale and practice instructing specific corrective exercises.
- Identify and know when to apply further interventions specific to findings, including stretching, dynamic lumbar stabilization, trigger point and joint mobilization techniques.
- Know when to utilize orthotic supports (sacroiliac belts/heel lifts) and be able to instruct proper donning/wearing regimen.
- Understand the importance of specific patient education including the posture, body mechanics, and pain management/education.

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PROGRAM/COURSE SCHEDULE

DAY 1 8 am - 5 pm

- 7:30 Registration
- 8:00 Introduction/group activity
- 8:30 Anatomy/Biomechanics
- 9:15 Literature Review
- 10:15 Break
- 10:30 Literature Review
- 10:45 Case Presentation
- 12:00 Lunch
- 1:00 Lab: Special Tests, Pelvic Girdle Musculoskeletal Method
- 2:30 Break
- 2:45 Presentation/lab: Innominate rotation and sacral assessment/interventions
- 3:45 Presentation/lab: Orthotic management (belts, heel lifts, orthotics), manual soft tissue work, Kinesio taping

DAY 2 8 am - 5 pm

- 8:00 Recap Day 1
- 8:15 Ergonomic screening
- 9:15 Patient Education (Body Mechanics Lab)
- 10:15 Break
- 10:30 Patient Education (Pain and stress management, chronic pain)
- 10:45 Pregnancy and Postpartum considerations
- 12:00 Lunch
- 1:00 Dynamic Lumbar Stabilization/lab
- 2:30 Break
- 2:45 More case examples, transitioning to community exercise