



# COURSES 2016 PRACTICAL FUNCTIONAL DYNAMIC

Designed and Delivered by  
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**Olympic/Specialist Sports Physiotherapist (FACP)**  
**Active Rehabilitation Consultant, FSMA**

## Hip Differential Diagnosis and Prescriptive Exercise

2 DAYS

### Appropriate for Manual Therapists

- Explains the anatomy, biomechanics and kinematic issues of the hip joint.
- Provides a clear understanding of the 3D normal and common abnormal movement patterns of the hip.
- A differential diagnosis system for assessing bone ligament, tendon and muscular dysfunction.
- Provides a detailed plan of progressed functional exercise, tailored to each client's issues.

## 3D Assessment & Treatment of the Pelvic Complex and Lumbar Spine (Part A)

2 DAYS

### Appropriate for Manual Therapists

- 3D anatomy. Biomechanics and assessment of the lumbar spine and pelvic complex.
- A clear differential diagnostic algorithm for SIJ dysfunction outlined in practical sessions.
- Comprehensive assessment of lumbar spine structural and neural issues.
- Effective treatment for SIJ and lumbar spine problems specific for dysfunction.



## The Science of Cycling with Paul Visentini

1 DAY

- Understanding the geometry of optimal bike setup.
- Bike measurements required for cycling.
- Cycle specific musculoskeletal screening.

## Optimising Motor Control of the Lumbo-Pelvic Region and Dynamic Hip Retraining (Part B)

2 DAYS

### Appropriate for Manual Therapists

- A detailed outline of the dynamic slings of the lumbo pelvic and hip regions and how they relate to individual patient presentation.
- A specific and graded assessment protocol for lumbo pelvic and hip dysfunction.
- Detailing practical strategies that can be incorporated into rehabilitation and maintenance training programs to optimise dynamic lumbo/pelvic/hip control and proprioception.
- Detailed exercise handouts included in the training manual that can be applied in the clinic immediately.

## 3D Assessment and Treatment of the Cervical Spine, Thoracic Spine and Ribs

2 DAYS

### Appropriate for Manual Therapists

- An easy to follow 3D assessment and treatment model
- A clear model of normal and abnormal movement patterns for ribs, the thoracic and cervical spine.
  - Effective 3D treatment techniques to optimise movement and function.

DATE	DAY	CODE	LOCATION	COURSE DESCRIPTION	COST (AUD)
19-20 March	Sat / Sun		Sydney	Hip Differential Diagnosis and Prescriptive Exercise	\$685.00
14-15 May	Sat / Sun		Adelaide	Assessment and Treatment of the Pelvis & Lumbar Spine	\$685.00
23-24 June*	Thurs / Fri		Sydney	3D Assessment and Treatment of the Pelvic Complex & Lumbar Spine (Part A)	\$685.00
25-26 June*	Sat / Sun		Sydney	Optimising Motor Control of the Lumbo-Pelvic Region & Dynamic Hip Retraining (Part B)	\$685.00
*4 day	Thurs - Sun		Sydney	Sydney Multi 4-day combo course (Part A & Part B)	\$1165.00
23 July	Saturday		Sydney	The Science of Cycling	\$400.00
8-9 Sept*	Thurs / Fri		Melbourne	3D Assessment and Treatment of the Cervical Spine, Thoracic Spine and Ribs (Part A)	\$685.00
10-11 Sept*	Sat / Sun		Melbourne	Optimising Motor Control of the Lumbo-Pelvic Region & Dynamic Hip Retraining (Part B)	\$685.00
*4 day	Thurs - Sun		Melbourne	Melbourne Multi 4-day combo course (Part A & Part B)	\$1165.00



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