

Designed and Delivered by Trish Wisbey-Roth

Masters of Sports Physiotherapy (AIS/UC) Olympic/Specialist Sports Physiotherapist (FACP)* Orthopaedic Manipulative Physiotherapist



"I am just writing to express my thanks for the weekend. The presentation was first rate, logical with great practical value. The SIJ approach finally clarified one of the most confusing areas of clinical practice." Cameron Bulluss

3 Dimensional Assessment and Treatment of the Lumbar Spine and Pelvis

2 days

Appropriate for Manual Therapists

- 3D anatomy, biomechanics and assessment of the lumbar spine and pelvic complex.
- Treatments to optimise biomechanics.

The latest on the Hip. **Assessment and Treatment**



Appropriate for Manual Therapists

Comprehensive assessment and treatment approach including:

- · Anatomy, biomechanics and assessment of the hip.
- Treatment techniques to optimise biomechanics in the hip region.

Understanding Ribs, the Thoracic Spine and Neck. A Simplified Approach



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.

Optimising Motor Control of the **Lumbo/Pelvic and Hip Complex**



Lumbo pelvic motor retraining progressed from specific muscle activation through to dynamic functional movement.

- · Assessment of dysfunctional local/global muscle recruitment patterns.
- Graded functional stability program from the acute stage to return to normal function.

Optimising Biomechanics in Cycling Presenter: Trish Wisbey-Roth



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

Optimising Biomechanics in Running Presenter: Jason McLaren - Sports Research Scientist



- Understanding optimal running biomechanics with Videography.
- · Identifying running technique inefficiencies.

DATE	DAY	PLACE	COURSE	COST
25th-26th February	Sat/Sun	Brisbane	3 Dimensional Assessment and Treatment of Lumbar Spine & Pelvis	\$640.00
16th March	Fri	Launceston, Tasmania	2½ Hour EVENING WORKSHOP on Optimising Motor Control and Dynamic Function of the Hip	\$50.00
17th March	Sat	Launceston, Tasmania	The latest on the Hip. Assessment and Treatment	\$390.00
18th March	Sun	Launceston, Tasmania	Optimising Biomechanics in RUNNING	\$390.00
19th May	Sat	Gold Coast	Optimising Biomechanics in CYCLING	\$390.00
20th May	Sun	Gold Coast	Optimising Biomechanics in RUNNING	\$390.00
2nd-3rd June	Sat/Sun	Sydney	3 Dimensional Assessment and Treatment of Lumbar Spine & Pelvis	\$640.00
16th-17th June	Sat/Sun	Sydney	Understanding Ribs, the Thoracic Spine and Neck. A Simplified Approach	\$640.00
22nd August	Wed	Wellington, NZ	Evening Workshop on Optimising Motor Control (2½ hours)	\$50 NZD
23rd August	Thurs	Wellington, NZ	Optimising Biomechanics in CYCLING	\$390 NZD
24th August	Fri	Wellington, NZ	Optimising Biomechanics in RUNNING	\$390 NZD
25th-26th August	Sat/Sun	New Plymouth, Taranaki, NZ	3 Dimensional Assessment and Treatment of Lumbar Spine & Pelvis	\$540.00
15th September	Sat	Sydney	The latest on the Hip. Assessment and Treatment	\$390.00
16th September	Sun	Sydney	Optimising Motor Control of the Lumbo/Pelvic and Hip Complex	\$390.00
13th October	Sat	Sydney	Optimising Biomechanics in CYCLING	\$390.00
14th October	Sun	Sydney	Optimising Biomechanics in RUNNING	\$390.00

1 Day course \$390 • 2 Day course \$640 New Zealand pricing will vary depending on the exchange rate at the time of making the booking.

10%	
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Julie Faulks, Proactive Physiotherapy Cairns

BOUNCE back[®] is a new concept to us in injury management.

I would highly recommend it as a means to improve the wellbeing of staff with repetitive symptoms of Cervical, Thoracic or Lumbar pain.

Carl Hill

Works as "Co-ordinator Workplace Rehabilitation" for a large Australian Airline.

I continue to get great feedback about **BOUNCE back**® from my patients, which makes "selling" the program to clients, insurance companies and doctors really easy.

Russell Tuckerman, East Gosford Physiotherapy



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Developed by
Trish
Wisbey-Roth