

**COURSE OBJECTIVES**  
**THE HUMAN PELVIS: CROSSROADS OF FUNCTION**

Upon completion of the course, the student will:

I. Understand and appreciate:

1. The functional interdependence of the pelvic girdle with the spine and lower extremities in normal body mechanics.
2. The importance of the functional pelvic girdle in assessment of low back pain.
3. The deficiencies of injections as the “gold standard” of SIJ diagnosis
4. The importance of the mobility of the sacroiliac joint, pubic joints and the factors that influence this mobility.
5. The similarities of pelvic girdle joint dysfunction and treatment with any other joint in the body.

II. Be able to define and discuss:

1. The normal movements of the ilium on sacrum.
2. The normal movements of sacrum on ilium.
3. The normal movements of the pubes.
4. The functional anatomy of the muscles, ligaments and joints involved in pelvic girdle function.
5. The role of the functional pelvic girdle in the load transfer system during movement.
6. The role of local and global muscles and the ligament system in the stabilization of the pelvic joints.

III. Be able to:

1. Evaluate the pelvic joints for normal and abnormal function using current concepts and evidence based guidelines.
2. Evaluate the SIJ with a cluster of findings to implicate it as a pain generator.
3. Evaluate the muscles and ligaments of the functional pelvic girdle.
4. Evaluate for normal and abnormal movement patterns of the pelvic joints.
5. Formulate an accurate assessment based on the results of the evaluation.
6. Design an appropriate corrective treatment program, including mobilization, for pelvic joint dysfunction.
7. Apply appropriate exercises to restore stability and functional mobility to the lumbopelvic region, (local and global muscles).