

# Continuing Education for **Healthcare Professionals**



## COURSE DESCRIPTION:

Expand your treatment approach to provide more complete and efficient patient care. Integrating yoga into rehabilitation is effective treatment, especially for those patients who don't fall into the traditional treatment pathways. Evidence for the use of mind-body exercise will be presented. Practical application of the yoga techniques will be supported by specific case examples. In addition to learning new skills to improve your patient outcomes, you may be pleasantly surprised by the effects of yoga practice on your own aches and pains!

### Day One: Upper Quarter

You will learn the basics of therapeutic yoga which can be immediately integrated into your current practice to address neck, shoulder girdle, and upper extremity dysfunction. This lab-based continuing education course includes yoga breathing techniques and yoga pose progressions, with manual cues and partner work incorporated throughout. This course will emphasize postural reeducation of the neck and shoulder girdle, scapular stabilization, and thoracic spine and rib mobility. These techniques will be particularly useful for addressing neck pain and radicular symptoms, scapulothoracic pain, shoulder impingement, thoracic outlet syndrome, and overuse injuries of the elbow/wrist/hand.

### Day Two: Hip and Pelvis Dysfunction

You will learn the basics of therapeutic yoga which can be immediately integrated into your current practice to address hip and pelvic dysfunction. This lab-based continuing education course includes yoga breathing techniques and yoga pose progressions, with manual cues and partner work incorporated throughout. This course will emphasize hip mobility, pelvic stabilization and neuromuscular reeducation of the iliopsoas and hamstrings to improve postural balance. These techniques can be readily applied to the treatment of hip muscle strains, internal hip joint derangement such as labral tears, post-operative hip rehabilitation, and sacroiliac joint dysfunction.

### Day Three: Effective Spinal Stabilization

You will learn the basics of therapeutic yoga which can be immediately integrated into your current practice to teach effective spinal stabilization. This lab-based continuing education course will include yoga breathing techniques and motor imagery to improve control of trunk stabilizers. We will apply these concepts to yoga pose progressions, with manual cues and partner work incorporated throughout. These techniques for teaching effective postural control of the trunk will enable you to more effectively treat patients with low back pain.

Save up **\$50** by bundling these classes!



## Integrating Yoga into Rehabilitation All Three Days; Upper Quarter, Spine, and Pelvis

### INSTRUCTOR:

Katy O'Leary, MPT, RYT, earned her Master of Physical Therapy degree at the University of Wisconsin-Madison. She is currently a practicing physical therapist in sports medicine at the University of Wisconsin Hospital Sports Rehabilitation Clinics in Madison. In addition, Katy is a 200-hour level Registered Yoga Teacher through the Yoga Alliance national organization. She completed her yoga teacher training in Alignment Yoga with a strong focus on therapeutic yoga techniques. She has been practicing yoga for over 15 years and has been teaching group classes and private therapeutic yoga lessons in the Madison area for 8 years. Katy incorporates yoga into rehabilitation as a holistic way to move towards improved function, and looks forward to the opportunity to share these successful techniques with you.



### DATES:

**DAY ONE, UPPER QUARTER:** THURSDAY, OCTOBER 5, 2017  
 8:00 a.m. to 4:00 p.m.

**DAY TWO, HIP AND PELVIS DYSFUNCTION:** FRIDAY, OCTOBER 6, 2017  
 8:00 a.m. to 4:30 p.m.

**DAY THREE, EFFECTIVE SPINAL STABILIZATION:** SATURDAY, OCTOBER 7, 2017  
 8:00 a.m. to 4:00 p.m.

*See back for additional course information*

## QUESTIONS? CONTACT US

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## LEARNING OUTCOMES:

- List the benefits of yoga as therapeutic exercise
- Describe the basic history of yoga and current popular types of yoga practice
- Summarize current evidence for the use of yoga as part of a rehabilitation program
- Describe how postural faults and stress patterns contribute to neck and upper extremity dysfunction
- Utilize yoga breathing techniques to increase neck, shoulder, and rib mobility and decrease stress
- Identify key muscle groups for breathing techniques and scapular stabilization
- Apply yoga preparatory exercises and poses for postural reeducation, thoracic spine and rib mobility, and scapular stabilization
- Create a practical yoga-based rehabilitation program for upper quarter dysfunction
- Describe the role of the iliopsoas in the mechanisms of anterior hip pain
- Utilize yoga breathing techniques to decrease stress, affect resting tone of the iliopsoas and hamstrings, and access deep pelvic stabilizers
- Apply yoga preparatory exercises and poses for neuromuscular re-education of iliopsoas and hamstrings, improved postural balance, and strengthening for the abdominals and pelvic floor
- Create a practical yoga-based rehabilitation program for hip and pelvis dysfunction
- Identify key muscle groups utilized for effective postural control of the trunk
- Utilize yoga breathing techniques and motor imagery to improve control of trunk stabilizers
- Apply yoga preparatory exercises and poses for postural and neuromuscular re-education of trunk stabilizers in a variety of functional positions
- Create a practical yoga-based rehabilitation program for effective spinal stabilization



## Integrating Yoga into Rehabilitation All Three Days; Upper Quarter, Spine, and Pelvis

### SAMPLE EXERCISES:

#### Day One

- Autonomic nervous system and breathing exercises
- Posture and scapular stabilization
- Mobilizing the thoracic spine and rib cage

#### Day Two

- Hip and pelvis dysfunction: The angry psoas
- Hip and pelvis dysfunction: Iliopsoas strengthening
- Pelvic ring dysfunction: Finding balance

#### Day Three

- Breath work to access muscles of stabilization
- Flexion based stabilization
- Abdominals and pelvic floor
- Neutral spine/midline stabilization

**PROGRAM NUMBER:** 10121 **CEUs:** 2.0 (Contact Hours: 20 hours)

**PRICE:** \$565 (before/on 9/5)  
 \$715 (after 9/5)

**LEVEL:** Intermediate

### AUDIENCE:

Physical Therapists and Physical Therapist Assistants, Occupational Therapists and Occupational Therapist Assistants, Athletic Trainers

### CONTENT FOCUS:

**Domain of OT:** Client Factors  
**Occupational Therapy Process:** Evaluation, Intervention, and Outcomes

**LOCATION:** UW-Milwaukee Continuing Education Plankinton Building, 7th Floor  
 161 West Wisconsin Avenue, Milwaukee, WI 53203

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