

# 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.

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. 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!

## 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 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

## AUDIENCE:

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



## Integrating Yoga into Rehabilitation of Hip and Pelvis Dysfunction

### 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.



**DATE:** Friday, October 6, 2017  
 8:00 a.m. to 4:30 p.m.

### CONTENT FOCUS:

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

**PROGRAM NUMBER:** 10121

**CEUs:** 0.7 (Contact Hours: 7 hours)

**LEVEL:** Intermediate

**PRICE:** \$205 (before/on 9/6) / \$255 (after 9/6)

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

## QUESTIONS? CONTACT US