



## A Manual Therapy Approach to the Treatment of Complex Lumbar Spine and Pelvic Issues

-with-

**Joseph Rotella**  
**MSc CAT(C)**

### 3.2 CEUs

**Course Description:** This is a practical course geared to the health care professional with a strong knowledge of anatomy and manual medicine which will focus on complex issues of the lumbar spine and pelvis. Emphasis will be placed on general mobility and mechanical issues of the lumbar and pelvic region. Clinical implications for such mechanical and mobility imperfections will be discussed with a focus on the active individual. The 1 day course will concentrate on the anatomy of the abdominal cavity, lumbar spine and pelvic region and will include treatment philosophies such as, visceral manipulation, soft tissue (muscle and fascial) techniques, neurovascular techniques as well as muscle energy and osteoarticular mobilisation. Remedial and restorative exercises as well as dietary and activity recommendations will be discussed. The importance of blood flow to the abdominal, pelvic regions as well as the lower extremities will be a general focal point to the workshop.

**About Joseph:** Joseph Rotella is a former Professor at Sheridan College as well as McMaster University and the Canadian College of Osteopathy. He was the Program Coordinator and Director of the Sports Injury Management Program and later the Bachelors of Applied Health Science (Athletic Therapy) at Sheridan Institute. Joe has played an integral part in the development of two Applied Degrees in Canada and was a major contributor to the Sheridan Athletic Therapy Program. He was asked to help set up the Camosun College's Program in Athletic Therapy and has held positions on various committees for the CATA. In 2004, CATA awarded Joe the "Distinguished Educator Award" for his career in education. Currently a fulltime clinician with his own practice, Joe continues to lecture and teaches workshops both nationally and internationally in manual medicine.