

Physiotherapy Coaching Academy Australia

www.physiocoachingacademy.com
Sydney: Australia

Real Time Ultrasound & Exercise

Presenter: Francine St George

This course covers how to use RTUS to improve your assessment, treatment and exercise programming. An anatomy review and a succinct update of the most recent research for using RTUS and teaching stability exercises including TA, PF, multifidus and quadratus femoris is also covered. At completion of this course, you will be confident to use RTUS in your clinical sessions. You do not need to own a Real Time Ultrasound machine to benefit from this workshop.

Course Outline

Day 1: TA/PF RTUS & Exercise

(Saturday: 1:00 pm – 6:00 pm)

1:00 pm – 2:30 pm	RTUS
	Anatomy / Stability / Neural Overview
	Pain and stability muscle inhibition/Pre-set
	Down- training phasic muscles
	Basic physical principles
	The machine, the operator and technique
2:30 pm – 3:45 pm	PRACTICAL: RTUS Assessment / cues
	Transverse Abdominus and Pelvic Floor (TA / PF)
3:45 pm – 4:00 pm	BREAK
4:00 pm – 4:30 pm	PF/PGP refining cues and clinical questions
4:30 pm – 5:45 pm	Neural testing: refining upper and lower limb neural testing to enable recruitment of stability muscles and identify PCF's and SCF
5:45 pm – 6:00pm	Overview

Course Venue: Wales Medical Centre, Level 4/66 High St Randwick, NSW, Australia

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Day 2: HIP RTUS & Exercise

(Sunday: 9.30 am – 5:00 pm)

9:30 am – 10.15 am	Functional Anatomy Review of hip Deep, intermediate, and superficial muscles
10.15 am – 11.15 am	Exercises to recruit PF, TA, and deep hip stabilisers; QF, Glute min/med and max
11:15 am – 11:45 pm	RTUS demonstration of QF assessment
11:45 pm – 1:30 pm	Practical RTUS QF and TA/PF
1:30 pm – 2:00 pm	BREAK
2:00 pm – 3:45 pm	Exercise session Segmental Multifidus retraining Squats to automate TA/PF/multifidus Exercise progressions: band, beam and ball
3:45 pm – 4:00 pm	BREAK
4:00 pm – 4:45 pm	Practical RTUS; Refining Technique
4:45 pm – 5:00 pm	Summary, overview and questions

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