

# Lumbopelvic Rehabilitative Ultrasound Imaging: A Clinical Training Course (Satellite Format)

CEUs Available!

# SAVE THE DATE!

Saturday and Sunday  
April 1-2, 2023



**Faculty:**  
**Ramona C. Horton MPT, DPT**  
*Pelvic Health Physical Therapist  
and Educator*



**Live Training with Hands-On Labs**  
*Select a Location Convenient for You!*

**Houston, TX**  
*Host Location*

**Medford, OR**  
*Satellite Location*

**Pleasant Prairie, WI**  
*Satellite Location*

**Self Hosted**

**Upstate New York**  
*Pending Satellite Location*

**San Diego, CA**  
*Pending Satellite Location*

*(Locations are subject to change)*

**Rehabilitative Ultrasound Seminars**  
VISION BEYOND YOUR FINGERTIPS

# GENERAL INFORMATION

## Course Description

Ultrasound imaging allows for valid, reliable, efficient, and non-invasive measurement of motor control deficits of the deep stabilizing muscles that are associated with neuromusculoskeletal disorders. The ability to qualitatively assess motor control in real-time followed by visual feedback training has been shown to improve clinical decision-making and superior patient performance.

This two-day course provides lecture as well as hands-on instruction for the utilization of rehabilitative ultrasound imaging (RUSI) for addressing lumbopelvic dysfunction. The material will explore the basic science, clinical evidence, relevant anatomy, image generation, and ultrasound probe techniques for evaluation of tissue morphology and motor pattern training. Clinical applications include a variety of lumbopelvic dysfunctions to include lumbosacral pain, urinary incontinence, diastasis rectus, pelvic organ prolapse, outlet dysfunction constipation and chronic pelvic pain.

This course format has three hours of pre-recorded lectures and a list of relevant ultrasound terminology to be completed prior to course onset. Saturday morning will begin with a review and quiz of recorded material proceeded by live lecture. Technique demonstrations and hands-on lab training sessions with ultrasound equipment with skills assessment to follow. Faculty will be present during all lab sessions for assistance in learning RUSI techniques. The afternoon of day two is specific to pelvic health diagnoses.

## TOPICS TO BE COVERED:

- Ethics, Patient Safety, and Professional Responsibilities
- Ultrasound 101: US physics, knobology, image generation
- Tips and Tricks for Understanding Sonoanatomy
- Develop proficiency in a systematic techniques for performing an ultrasound scan on any region of the body
- Anterior abdominal wall
- Lateral abdominal wall
- Pelvic floor: Transabdominal approach
- Pelvic floor: Transabdominal approach for colorectal care
- Anterior abdominal wall for measuring diastasis
- Lateral abdominal wall for motor control strategies
- Lumbar multifidus morphology and motor control
- Pelvic floor: Transperineal approach for males and female anatomy
- Midline contents of the pelvis for prolapse, post void residual and megarectum
- Lumbar multifidus
- Respiratory Diaphragm
- Using RUSI to market and grow your practice

## Goals & Objectives

Upon course completion, participant will be able to:

1. Understand current clinical applications of rehabilitative ultrasound imaging (RUSI) in the scope of physical therapy
2. Understand basic imaging principles and ultrasound terminology
3. Understand the science and equipment requirements to perform rehabilitative ultrasound imaging
4. Understand the pre-scan sequence and standard US protocols
5. Develop hands-on skills for image acquisition and image optimization
6. Identify relevant sonographic landmarks, for the abdominal wall, pelvic floor, bladder, and lumbar multifidus on an ultrasound image
7. Make basic morphologic and morphometric measurements of anatomy and motor function including muscle thickness and post void residual utilizing RUSI
8. Identify correct and incorrect motor control strategies utilizing RUSI for the abdominal wall, lumbar multifidus and pelvic floor muscles
9. Understand how RUSI can contribute to clinical decision making to improve the management of patients with a variety of lumbopelvic dysfunctions
10. Identify pelvic organ prolapse, elevated PFM tension, poor pressure management and behaviors contributing to incontinence
11. Be able to identify normal behavior of the pelvic floor during changes in pressure to include valsalva, bearing down and cough
12. Incorporate RUSI into a comprehensive program for the treatment of lumbar and pelvic health for male and female patients

## Prerequisites:

Licensed health care provider with a solid grasp of lumbopelvic anatomy, and rehabilitation of the muscles of local control. Prior ultrasound experience is not required. Pelvic floor training is required for participation in the transperineal labs. (Equipment required for self hosted option).

## Target Audience:

Course content is directed toward improving a clinician's skill in evaluation and treatment of lumbopelvic rehabilitation and is appropriate for all rehab clinicians. Physical Therapists, PT Assistants, Occupational Therapists, and Certified OT Assistants. Content is not intended for use outside the scope of the learner's state license or regulations.

## Tuition: \$575.00

(Pathway® Ultrasound Imaging System users will receive a 10% course discount).

## Course Credit:

19.5 Contact Hours (Two hours of pre-recorded videos need to be completed prior to course onset).

A post test will be taken after the course concludes for participants to generate their course certificate.

## Day One: Saturday, April 1, 2023

| Start Time | End Time | Time Zone |
|------------|----------|-----------|
| 9:00 am    | 6:30 pm  | CST       |
| 8:00 am    | 5:30 pm  | MST       |
| 7:00 am    | 4:30 pm  | PST       |
| 10:00 am   | 7:30 pm  | EST       |

## Day Two: Sunday, April 2, 2023

| Start Time | End Time | Time Zone |
|------------|----------|-----------|
| 9:00 am    | 5:30 pm  | CST       |
| 8:00 am    | 4:30 pm  | MST       |
| 7:00 am    | 3:30 pm  | PST       |
| 10:00 am   | 6:30 pm  | EST       |

## To Register:

Visit <https://tinyurl.com/448bzs2h>

## For Course Questions:

Please email [courses@echogenportal.com](mailto:courses@echogenportal.com)

## COVID-19 Precautions:

For more information on COVID-19 Precautions for all EchoGen Portal sites, please click [here](#).