



Musculo-Skeletal Correction of Pelvic Tilt:

Numerous clients may present with a pelvic tilt that may have resulted from pain experienced in other locations in the body. This may include back, neck, lower limb and or joint pain including hips, knees and ankles. Muscle weaknesses and muscle shortening are more than often involved in a client's tilted pelvis. We will discuss which muscles may be turned off or dominating, how this can occur and how to treat and resolve this imbalance. We will revise postural structure and function and muscular orthopaedic assessments. A variety of treatment methods can assist resolve or improve pelvic tilt including identification of which muscles need to be strengthened to correct the misalignment. Corrective exercises and stretching will also be revised for managing and correcting pelvic tilt.

Facilitator: Wendy Sawley/Remedial Massage Practitioner (visit <https://www.massageschool.com.au/our-teachers>)

Dates/CPE Pts	Location	Events 9-5pm unless stated - 1 ATMS CPE pt per hr	*2 Prac EARLY BIRD	*EARLY BIRD	FULL FEE
2,3/5/20 - 14 hrs	Charmhaven	Musculo-Skeletal Correction of Pelvic Tilt	\$746	\$398	\$498

Book online or call 02 4393 1200/ complete enrolment form and return
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