

## ***3210 – Correcting Psoas and Gluteal Imbalance***

**Advanced / Pool Workshop**

**Sanibel, FL / Thursday, June 25, 2020 – 7:30-10:45 am – 3.0 credit hours**

(Classroom: 7:30-9:00 am / Pool: 9:15-10:45 am)

**Faculty: Beth Scalone, PT, DPT, OCS, ATRIC**

### **COURSE DESCRIPTION:**

Hip mobility and strength is essential in human functional mobility. It influences the joints above and below and with impairments, multiple issues can arise. Therefore, it is essential to include hip exercises into almost all clients' aquatic exercise programs. This course will focus on one of the most common impairments found at the hip and how to assess the muscle imbalance between the hip flexors and gluteal muscles. Lecture will review the force couple created by these muscles and review latest research regarding imbalance and injury. Lecture and pool lab will present a progression of treatment techniques and exercise to restore balance and improve function. Due to the fast pace of material presentation, this is an intermediate to advanced course. The participant should be familiar with hip anatomy, diagnoses, planes of movement and rehabilitation terms.

### **COURSE OBJECTIVES:**

- 1) Perform at least three tests to assess and objectively measure mobility and strength of the hip.
- 2) Develop a progressive aquatic therapy program to address hip muscle imbalance to restore movement and strength for function.

**FACULTY: Beth Scalone, PT, DPT, OCS, ATRIC**, is a licensed physical therapist with many years of experience in orthopedic and aquatic therapy. As the owner of North County Water and Sports Therapy Center in San Diego ([www.waterpt.com](http://www.waterpt.com)), she continues with hands-on clinical care in addition to her role as educator. Since graduating from the University of Connecticut in 1991, Beth has belonged to the American Physical Therapy Association and has achieved certification as a Clinical Specialist in Orthopedic Physical Therapy. In January 2006, she graduated from Boston University with a Doctor of Physical Therapy degree. Additional certifications include Certified STOTT Pilates™ instructor and Master Instructor for the Burdenko Method.

Beth not only provides continuing education for health care professionals, she is an adjunct faculty in the San Diego Mesa College PTA program, teaching Orthopedic Rehabilitation and Introduction to Pathology courses. She also provides the learning module/instruction on aquatic therapy to the University of St. Augustine San Diego Campus DPT program. She is the recipient of the 2010 ATRI Tsunami Spirit Award and the 2012 ATRI Professional Award.