

How to Treat Pain in the Butt

Differential Diagnosis and Treatment of the Lumbo-Pelvic-Hip Region The EEMO Approach

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Course dates: May 2/3, 2026

Course Location: Jill Robertson Physiotherapy and Consulting
95 Foster Ave.
Fall River, NS

Course Fee: \$450

Course content: **1. Subjective and objective assessment** pearls to quickly differentially diagnose the patients' dysfunctions. Conditions include:

- Lumbar facet joint dysfunctions (stiffness, OA, instability, fixations)
- Sacro-iliac joint dysfunctions (stiffness, instability, fixations)
- Lumbar disc bulge/herniation/ annular sprains
- Motor control problems due to poorly activating and/or weak stabilizing muscles
- Muscle dysfunctions (weakness, trigger points, tendinopathy)
- Altered neurodynamics (sciatic nerve)

2. Treatment of the lumbo-pelvic-hip conditions listed above with the EEMO approach:

- E - Patient Education
- E - Exercise therapy
- M - Manual therapy – (mobilizations, manipulations, and soft tissue techniques; having these techniques performed on you is optional)
- O - Other (taping, modalities)

The e-manual includes 65 links to videos of the manual therapy assessment and treatment techniques as well as exercises.

As this is a practical course, registration is limited.

For more information send an e-mail to jillrobertson1717@gmail.com

To secure a spot on this course, e-transfer \$50 to jillrobertson1717@gmail.com (fully refundable if the course doesn't run). The remaining \$400 will be due April 13, 2026.