



Diane Lee, PT, FCAMT, CGIMS is well known both nationally and internationally for her clinical work on thoracic, lumbar and pelvic (sacroiliac) dysfunction and has integrated the scientific research on lumbopelvic function into a clinical model for assessment and treatment. Her passion is helping women to restore their form and function after pregnancy and teaches other physiotherapists world-wide how to implement evidence based programs into their clinical practices. www.dianelee.ca and www.discoverphysio.ca



Linda-Joy (LJ) Lee, PT, FCAMT, MCPA, CGIMS is a clinical and education consultant at her clinic, Synergy Physiotherapy, in North Vancouver, BC. LJ is known for her skills in motor control and movement retraining and, in addition to her clinical and teaching work, is currently pursuing a PhD at the University of Queensland in the Human Neurosciences Unit with Professor Paul Hodges. Her research is focused on investigating motor control of the thoracic spine and its relation to the lumbopelvic region. www.ljlee.ca and www.discoverphysio.ca



An Integrated Approach to the Assessment and Treatment of the Lumbopelvic-Hip Region

This comprehensive two disc DVD set provides clinicians with all the tools necessary to assess and treat problems in the low back, pelvic girdle and hip joints with a focus on restoring optimal function to the region. Discs feature approximately four hours of short lectures, in-depth exercise/technique instruction and clear video demonstrations. Non-returnable.

Disc 1 features:

- Principles, Assessment and Treatment Techniques
- Assessment tests for form closure, force closure and motor control
- Restoring form closure—articular mobilization and manipulation techniques
- Restoring force closure and motor control—reducing global rigidity
- Correcting alignment

Disc 2 features:

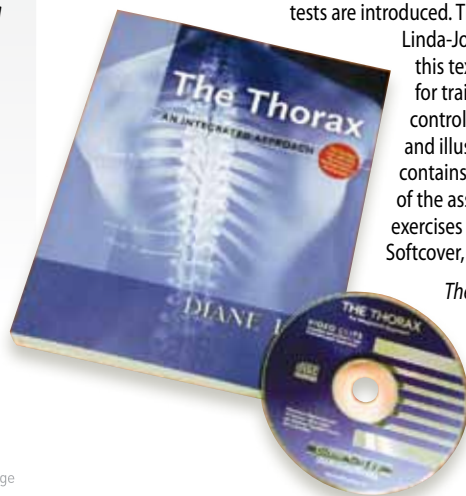
- Treatment Techniques continued: Restoring force closure and motor control
- Principles of exercise program development
- Sacroiliac belts and taping
- Local lumbopelvic muscle system— isolation, endurance and co-contraction training including use of real-time ultrasound and imagery techniques
- Coordinating the local and global lumbopelvic systems—complete exercise progressions up to full functional integration including adding proprioceptive challenges and specific strength and length training for the area

An Integrated Approach to the Assessment and Treatment of the Lumbopelvic-Hip Region, Two Disc DVD Set (#938PKG) \$100.00

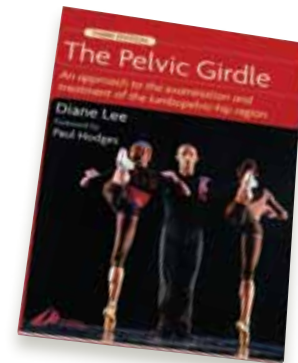
The Thorax: An Integrated Approach

This book is an integrated biomechanical model for thoracic function with content derived from extensive clinical experience. In addition to specific form closure tests, for segmental mobility and articular stability, new segmental load transfer tests are introduced. These tests are developed by

Linda-Joy Lee, a significant contributor to this text, who also introduces her protocols for training segmental thoracic motion control. Includes over 140 detailed photos and illustrations as well as a CD-ROM which contains short video clips (no audio) of many of the assessment and treatment techniques/ exercises contained in the book. Illustrated. Softcover, 144 pages.



The Thorax: An Integrated Approach, 2nd ed. (#8794)..... \$75.00



The Pelvic Girdle

This book is a practical comprehensive model for immediate application to the low back and pelvis. Key research findings are integrated with clinical expertise by Diane Lee while some of the research integrated includes the work of Hodges, Hungerford, O'Sullivan and Moseley.

Featured clinical concepts:

- Load transfer tests for the low back and pelvis including:
- Modifications for the active straight leg raise test which target specific areas lacking compression
- Specific tests which analyze form closure force closure and motor control
- Prescriptive treatment & exercise programs based on clinical reasoning and not generics.

Hardcover, 272 pages.

The Pelvic Girdle, 3rd ed. (#833-3)..... \$74.95



OPTP Essentials:

The Essential Diane Lee Set

Purchase the entire set and save. OPTP Essentials are must-have resources that serve as excellent reference material for experienced practitioners, or as groundwork for those just starting out in a chosen method. The Essential Diane Lee Set consists of the latest editions of her best-selling works:

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- *The Pelvic Girdle*
- *The Thorax: An Integrated Approach*

The Essential Diane Lee Set (#879SET)..... \$224.50





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THE COM-PRESSOR™

THE COM-PRESSOR facilitates stability during the retraining of impaired lumbopelvic core muscles. Removable compression bands make this belt highly customizable allowing users to easily adjust the specific amount and location of compression applied. Ideal for post-pregnancy, SIJ instability, pubic symphysis instability, surgery or sprain patients. Developed by Diane Lee, PT. Non-returnable. Straps contain latex.



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- Replacement straps for size XS/S (#677S) **\$16.65**
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- Replacement straps for size M/L (#678S)..... **\$16.65**
- The COM-PRESSOR™ XL: Fits hip size 45"-70" (#679) **\$38.75**
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