

## סילבוס קורס + קורות חיים

### קורס קליני ייחודי

גישה מדעית ומבוססת מחקר  
לאבחון ולטיפול בכאבים באגן ועמוד השדרה

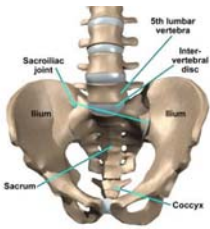
**A Holistic Scientific Approach to Lumbopelvic Pain:  
Mechanisms and Evidence Based Diagnosis & Treatment**

עם המומחה הבינ"ל הנודע

**Andry Vleeming, PhD**

**ימים שלישי-רביעי, 14-15.02.2012**

בית הספר לפיזיותרפיה, תל השומר



### Day 1

08:30-0900	Registration & Coffee
09:00-0930	An integrated anatomical and biomechanical model for the lumbopelvic spine
0930-1015	Evolution of the lumbopelvic spine
10:15-1045	Break
10:45-1200	Lumbopelvic Anatomy part 1
12:00-1245	Lunch
12:45-1400	Lumbopelvic anatomy part 2
14:00-1415	Break
14:15-1520	Evidence based diagnostics of the pelvic girdle
15:20-1545	Break
15:45-1700	Integrated models of slings; Lecture on fascia and connective tissue
17:00	End of Day

ביקור  
חד פעמי !!

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## Day 2

08:00-08:30	Reception & Coffee
08:30-09:45	Timing versus strength research / understanding stability
09:45-10:00	Break
10:00-11:15	Diagnostics of lumbopelvic problems.
11:15-11:30	Break
11:30-12:35	Treatment protocols for chronic lumbopelvic patients
12:35-13:35	Lunch
13:35-15:00	Anatomy in vivo of the spine and pelvis  Practical session about evidence based diagnosis
15:00-15:30	Break
15:30-17:30	Practical session about evidence based diagnosis - Continued...  Training and treatment modalities of the lumbopelvic spine
17:30	End of Day

\* התכנית כפופה לשינויים

**קורות חיים – ד"ר אנריי ולימינג**: בשנת 1980 ייסד ד"ר ולימינג קבוצת מחקר באוניברסיטת Erasmus Medical (ברוטראם) במטרה לחקור את עמוד השדרה המותני והאגן, מבחינה אנטומית וקלינית כאחד. הם חקרו את התחום במשך 17 שנים. תוצאות המחקר הניבו תובנות חדשות בכל הקשור לתפקוד הפונקציונאלי של הגוף. בשנת 1995 ייסד ד"ר ולימינג, בשיתוף פעולה עם הממשלה ההולנדית, את ה Spine and Joint Rehabilitation Centre. הוא פרסם מחקרים חדשים בנוגע לטיפול באנשים הסובלים מכאבים קשים וכרוניים בחגורת האגן. מחקריו וממצאיו האנטומיים והביו-מכאניים באזור עמוד השדרה המותני והאגן הפכו לסטנדרט ושולבו בכל רחבי העולם בתכניות שיקום של אנשים הסובלים מתפקוד לקוי באזור זה. ד"ר ולימינג מלמד אנטומיה קלינית במדינות ובאוניברסיטאות רבות ברחבי העולם, תוך שימת דגש על החשיבות של ידע אנטומי-קליני כבסיס לקבלת תוצאות טיפוליות מיטביות. בנוסף, הוא משמש כיו"ר הקונגרס העולמי הבינתחומי לכאבי גב תחתון ואגן בשיתוף פעולה אדוק עם אוניברסיטת סן דייגו. ד"ר ולימינג חיבר ספרים קליניים רבים בנושא רפואה אורתופדית ללא ניתוח (non operative orthopaedic medicine), כולל את הספר 'Movement, stability and low back pain'.

### PERSONAL DATA

#### Functions:

- Department of Rehabilitation and Phys Ther. Medical University Ghent Belgium, Department of Anatomy
- Medical faculty, University of New England, Maine USA
- Visiting Professor, Clinical Anatomy, Free University Berlin

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- Chairman (together with prof. Vert Mooney) Interdisciplinary World Congress on Low Back Pain. Program Chairman Office of continuing medical education Medical faculty, University of San Diego
- Director European Conference Organizers
- Founder Spine & Joint Centre Rotterdam

**Main topics:**

Functional anatomical and biomechanical research of the locomotor system especially lumbar and pelvic research.

Rehabilitation of chronic patients with spinal pain.

**Summary:**

In 1980 Dr. Andry Vleeming founded in a clinical anatomical research team in the Erasmus Medical University in Rotterdam. A special goal was to study the lumbar spine and pelvis, both from an anatomical and clinical perspective. They worked on this subject for 17 years. The information that came from this research led to new insights in how the body works functionally. In 1995 he founded the Spine and Joint Rehabilitation Centre in Rotterdam, The Netherlands, in cooperation with the Dutch government. New studies were published on the treatment of severe chronic patients with pelvic girdle pain. His anatomical and biomechanical research in the lumbopelvic region has been accepted worldwide and incorporated into rehabilitation programs for patients with lumbopelvic dysfunction. Many new pelvic diagnostic tests were published together with his colleagues.

Dr. Vleeming has been teaching clinical anatomy in many countries and universities, especially emphasizing the role of clinical anatomical knowledge to influence a better outcome of treating patients. In addition, he is the chairman of the Interdisciplinary World Congress on Low Back and Pelvic Pain in close cooperation with the office of continuing education of the University of San Diego. He is author of many clinical books on non operative orthopaedic medicine, including the book, 'Movement, stability and low back pain'.

Dr. Vleeming has adapted the scientific research of this team into an evidence based clinical model for assessment and treatment of lumbopelvic dysfunction. The protocol for diagnosis and rehabilitation follows sound scientific principles.

Dr Vleeming and colleagues have studied stability and movement of the pelvis and spine for more than 20 years. This has led to many publications in Spine Journals concerning the function and diagnosis of the pelvis and pine. One of these publications was the European Guideline on pelvic girdle pain (2008)

By applying new techniques to measure motion of the pelvis (radio stereo photogrammetry analysis-RSA- and echo Doppler oscillation research), new insights emerged that revealed that the motion of the pelvis in patients is different than expected. It was shown in evidence based studies that many manual tests of the pelvis are not sufficiently reliable and new tests became available. The results of the research showed that the pelvis is actively stabilized by force closure. Worldwide, these new diagnostic test procedures became accepted as a standard for evidence based diagnosis of the pelvis.

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Stevens VK, Vleeming A, Bouche KG, Mahieu NN, Vanderstraeten GG, Danneels LA.

Electromyographic activity of the trunk muscles during stabilization exercises in four-point kneeling in healthy volunteers. Eur Spine J. 2006 Aug 1

Vleeming A. Member management committee COST B13 : European Guidelines for the management of low back pain. European Spine 15- Supplement 2-March 2006

Vleeming A. Bedeutung des Beckengurtels als verbindung von Wirbelsaule und Beinen. Teil1. Manuelle therapie 2006;10:176-185

Vleeming A. Bedeutung des Beckengurtels als verbindung von Wirbelsaule und Beinen. Teil 2. Manuelle therapie 2006;10:225-235

Mousavi SJ, Parnianpour M, Vleeming A. Pregnancy-related pelvic girdle pain and low back pain in an Iranian population. Spine:2007;32(3):E100-E104

A hypothesis of chronic back pain: ligament subfailure injuries lead to muscle control dysfunction

Robert Schleip, Andry Vleeming, Frank Lehmann-Horn, Werner Klingler.

Eur.Spine 2007

- 30 November, Keynote KNGF seniorencongres
- 24-30 October, Keynote first Ibero American rehab, Congres Rio de Janeiro
- 3-6 July, Keynote rehabilitation meeting Singapore
- 25-28 May, Integrated anatomy course, Charity University Berlin
- 7-15 April, University of Helsinki and Lapland, Keynote Manual medicine
- 17-20 March, Clinical Anatomy course University of Bern
- **2006**
  - 08-13 April, Keynote Congress Helsinki
  - 19-24 March, Clinical Anatomy course University of Bern
  - 01-04 December, Course functional and clinical anatomy University of London
  - 06-08 October, Keynote worldcongress on manual therapy, Rome
  - 06-10 Juni, Keynote National Spine congress Helsinki
  - 03-08 May, Integrated anatomy course, Charity University Berlin
  - 10-14 April, Turkish surgical Spine congress, Keynote Antalya
- **2005**
  - 10-13 March, Clinical Anatomy course University of Bern
  - 10-12 December, Keynote speaker Belgian Spine society
  - 10-17 November. Chairman worldcongress of Low back pain. Melbourne, Australia
  - 18-23 May, Course Charite University, Berlin
- **2004**
  - 10-14 March, Anatomy course University of Bern
  - 27-30 September, Course for Medical Phd's Teheran, Iran

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- 04-07 July, Clinical anatomical course New Foundland, Canada
- 27-31 May, Integrated course Charite University Berlin
- **2003**
  - 25-30 March, Anatomical course University of Bern
  - 04-06 December, Clinical Course London
  - 28-30 November. Clinical course Zurich
  - 17-20 September, Clinical Course Chicago
  - 07-12 May, Course clinical anatomy Berlin
  - 13-17 March, three day course medical University Bern
- **2002**
  - 04-11 February, Teaching private courses in Hon Kong and Perth
- **2001**
  - November 2001, Chairman interdisciplinary worldcongress on low back pain Montreal
  - 01 –02 October. Keynote three day congress Kowloon national hospital center. Hong
  - 22-23-24 June Frankfurt. Clinical anatomy course Goethe University
  - May, Berlin University. Three day course anatomical department.
  - 07-08 April.London. Westminster Chelsea Hospital. Two days course .
  - University of Bern. Three day course march
  - Perth Australia, Keynote lecture IFOMT worldcongress:
  - Workshop with Peter O' Sullivan, Paul Hodges.
  - Lecture orthopaedic surgeons Perth
  - 15-16-17 September CPMT Back Pain Conference
  - Movement, Stability and Low Back Pain- The essential role of the Pelvis.
  - The National University of Ireland, Maynooth,Co Kildare.
  - The physiotherapy department, Tallaght Hospital.
  - 08-09-10 September.Three day course. Provinciehuis Antwerpen. Movement stability and low back pain.
  - 02-03-04 September. Zurich. Three day course Movement stability and Low back pain.
  - Perth Australia, Keynote lecture IFOMT worldcongress:
  - Workshop with Peter O' Sullivan, Paul Hodges.
  - Lecture orthopaedic surgeons Perth
  - 15-16-17 September CPMT Back Pain Conference
  - Movement, Stability and Low Back Pain- The essential role of the Pelvis.
  - The National University of Ireland, Maynooth,Co Kildare.
  - The physiotherapy department, Tallaght Hospital.
  - 08-09-10 September. Threeday course. Provinciehuis Antwerpen. Movement stability and low back pain.
  - 02-03-04 September. Zurich.Three day course Movement stability and Low back pain.
- **2000**
  - 09-11 March.University of Bern. A three day anatomical workshop on progress in research of the locomotorsystem.
  - 01-03 June University of Berlin. A three day anatomical workshop on progress in research of the locomotor system.
- **1999**
  - Opening lecture academic year, >An integrated analysis of the function of oints; the consequences for patients with peripartum posterior pelvic pain=. October 2 1999, faculty Moreki, University Gent, Belgium
  - Keynote lecture, >Movement, stability and low back pain=, Providencial Hospital, January 16-18 1999, Portland USA
  - Keynote lecture, >Movement, stability and low back pain=, Sint Fraser University, January 22-24 1999, Vancouver, Canada



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## מוצרים והכשרות מקצועיות

Keynote lecture, >Movement, stability and low back pain=, St Charles Rehabilitation Hospital, Long Island New York January 30-February 1st 1999, USA

Anatomy course, University of Bern, March 9-13 1999, Switzerland

Anatomy course, Humboldt University Berlin, May 11-15 1999, Berlin Germany 1999

Openingscongres 1999-2000: Pijn en Dysfunctie t.h.v. de Lumbale Wervelzuil en het Bekken Universiteit Gent, 2 oktober

Keynote lecturer presymposium Course Halifax, Canada, November 4,5

keynote lecturer symposium of the National Orthopaedic Association Canada November 6, 7, Halifax, Canada

- **1998**

Chairman Third Interdisciplinary World Congress on Low Back & Pelvic Pain, November 19-21 1998 Vienna, Austria

Keynote speaker 5th International Congress Australian Physiotherapy Association, May 1998, Hobart, Australia

Keynote Lecture, Masterclass on Lowback and Pelvic Pain, Rehabilitation Centre Virchow Berlin, March 28-29 1998. Workbook Vleeming/v.d. Meij

- **1997**

Keynote presentation Australian Conference of Science and Medicine in Sport, 1997, Canberra, Australia

Keynote speaker Spring Conference Washington State Physical Therapy Association, April 1997, Spokane, USA

Keynote speaker, National Orthopaedic Physical Therapy Conference, British Columbia, Vancouver, Canada

Keynote speaker Annual Scientific Conference New Zealand Manipulative Therapist Association, July 1997, New Zealand

Keynote speaker, Finnish Sports Medicine Conference, Finland

- **1996**

Keynote speaker Annual Conference MACP, September 1996, Eastbourne, England

Keynote speaker Manual Orthopaedics Conference, Sweden

Keynote speaker I.F.O.N.T. Congress, Lillehammer, Norway

Keynote speaker New Developments in Medicine P.A.O.G., Rotterdam, The Netherlands

- **1995**

Keynote speaker Backtech 1995, May 1995, Rotterdam, The Netherlands

Chairman, keynote speaker, International Congress, NVMT, april 1995, The Hague, The Netherlands

Keynote speaker National Orthopaedic Physical Therapy Conference, May 1995, British Columbia, Vancouver, Canada

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מכשירי כושר



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## מוצרים והכשרות מקצועיות

Keynote speaker three days, National Pelvis Instability Congress, March 1995, Lillehammer, Norway

Keynote speaker European Spine Congress, September 1995,

Chairman World Congress on low back pain, University La Jolla, San Diego, USA

Opening speaker National German Shoulder Congress, December 1995, Germany

- **1994**

Keynote speaker National Peripartum Congress, April 1994

Co-chairman National Visitation Committee on Movement Studies (HBO), 1994-1995

Speaker European Spine Congress, September 1994

Keynote speaker, American Association of Orthopaedic Medicine, February 1994, Orlando, USA

- **1993**

Chairman, keynote speaker, Jubilee Congress, NVOM, February 1993

Keynote speaker, Jubilee Congress Dutch Association for Sports Medicine

Chairman Eurokine 1993, Gent, Belgium

Chairman International Congress Cervical Spine, The Hague, The Netherlands

Lecture European Spine Association, Cambridge, UK

- **1992**

Opening speaker Year Congress NGOF, The Hague, The Netherlands

Chairman European Congress on Pelvis, Maastricht, The Netherlands

- **1991**

Keynote speaker Freie Universität Berlin, Klinische Anatomie des Bewegungsapparatus, January 1991, Germany

- **1990**

Chairman European Conference on low back pain, Maastricht, The Netherlands

Keynote speaker, Jubilee Congress, SWSF, November 1990

Keynote First World Congress on Biomechanics

Keynote Orthopaedic Congress AInterfaces@, Bologna

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ציוד לשיקום אקטיבי

מכשירי כושר