

COURSE INSTRUCTORS

Kelly E. Grimes DPT, GCS, OCS, FAAOMPT
(Primary Instructor)

Kelly developed a curiosity for the sciences and the human body at a young age. Then, as a collegiate cross-country/track & field athlete, setbacks from injuries led to a new path in physical therapy as a way to help others maximize movement and live a higher quality of life.

Kelly holds degrees from University of California, Los Angeles, and Mount St. Mary's University. In the years since receiving her Doctor of Physical Therapy in 2006, she underwent residency in orthopedic physical therapy and fellowship training in both Manual Therapy and Movement Science programs at Kaiser Permanente Los Angeles. She spent nine years as a clinician at Northridge Medical Center and Kaiser Permanente, Woodland Hills. She also served as clinical faculty member in the Kaiser Permanente Orthopedic Residency Program.

Kelly is a board certified specialist in Orthopedic and Geriatric Physical Therapy and a Fellow in the American Academy of Orthopedic Manual Physical Therapists. She is also certified at the C2 level by the Barcelona Scoliosis Physical Therapy (BSPT) Schroth-based method. She currently practices at Columbia University Medical Center, in New York.

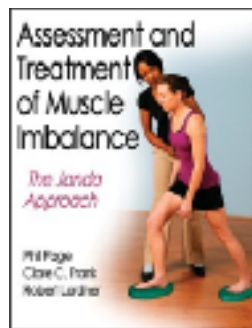
Clare C. Frank DPT, MS, OCS, FAAOMPT

(Co- Instructor for 1st, 2nd & 4th weekends)

Clare received her physical therapy degree from Northern Illinois University. She completed the Kaiser Permanente Orthopedic Residency program in 1993 while working on her Master of Science degree in Physical Therapy at University of Southern California. She received her Advanced Standing doctorate degree from Western University of Health Sciences, Pomona, California in 2003. She is a board certified specialist in Orthopedic Physical Therapy and a fellow in the American Academy of Orthopedic Manual Physical Therapists. Her clinical career has been greatly influenced by Shirley Sahrman PT, PhD, and the Prague School of Manual Medicine faculty, namely, the late Vladimir Janda MD, Karel Lewit MD, and Pavel Kolar PT, PhD.

Clare practices in Los Angeles, California. She currently serves as the program director of Azusa Pacific University Clinical Fellowship in Movement & Performance and clinical instructor for the Spine Rehabilitation Fellowship at Kaiser Permanente, Los Angeles. She has presented at both state and national

conferences. She currently teaches in the U.S. and internationally and has co-authored "Assessment and Treatment of Muscle Imbalances: The Janda Approach".



Presents

Movement Links Seminar Series

COURSE LOCATION

**710 West 168th Street
Neurological Institute - 8th Floor
New York, NY 10032**

COURSE DESCRIPTION

This seminar series is designed to provide a deeper understanding of the movement and neuromuscular approaches in the evaluation & management of musculoskeletal pain syndromes. Functional regional interdependence between the muscular, osteoarticular and central nervous system in the regulation of movement will be a focus of discussion and practice. Clinical reasoning of the evaluation and management process and its integration with manual orthopedic procedures will be discussed along with extensive hands-on practice and feedback.

COURSE OBJECTIVES

Discuss & demonstrate the functional interdependence between the muscular, osteoarticular and central nervous system in the regulation of movement.

Refine observational analysis of posture, movement and gait. Refine palpation and handling skills for evaluation, treatment & exercise correction.

Refine neuromuscular facilitatory & inhibitory techniques for optimal neuromuscular function and movement.

Demonstrate the integration of manual orthopedic procedures and movement concepts in the assessment & management of musculoskeletal pain syndromes.

Analyze complex movements and skills by breaking its component parts down to functional synergies, planar movements and impairments.

COURSE SCHEDULE

Time: 8:30 AM - 5:00 PM

LOWER QUARTER

Sep 16– 17 2017	Muscle Analysis, Gait, Postural Stability, Movement Exam
Oct 28 –29 2017	Neuromuscular Facilitatory & Inhibitory Techniques. Corrective & Reflexive Exercises, Movement Re-ed

UPPER QUARTER

Jan 6 –7 2018	Movement Exam Neuromuscular Facilitatory & Inhibitory Techniques, Corrective & Reflexive Exercises, Movement Re-ed
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FUNCTIONAL MANAGEMENT PROGRESSION

Mar 3 – 4 2018	“Putting it Together” Movement analysis based on integration of both upper & lower quarter
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Instructional Level: BASIC

Instructor: Student Ratio: 1: 16

Optional Movement Links Certification Course

Date:	Oct 6 -7, 2018
Location:	Azusa Pacific University, Los Angeles, CA
Cost:	\$350

Upon passing the competency tests, you will be listed on <http://www.movementlinks.com/clinicians.php> which will serve as a referral base to consumers as well as other health professionals seeking a movement based specialist.

REGISTRATION

\$2250 includes Movement Links series + course workbook + 1-year access to instructional videos

\$2500 includes Movement Links series + course workbook + 1-year access to instructional videos + certification course Oct 6-7, 2018 in Los Angeles.

NOTE: This reflects a savings of \$100 if registering for both the Movement Links series and certification course together.

Registration: www.movementlinks.com.

Contact info@movementlinks.com if you have any questions.

This class is limited to Physical Therapists and Physical Therapy Assistants.
Proof of PT licensure may be requested.



ProCert has awarded certification in the amount of **61 Continuing Competence Units (CCUs)** to this activity in 27 states. CCUs are a unit of relative value of an activity based on its evaluation against a rigorous and comprehensive set of standards representing the quality of an activity. The CCU determination is a valuation applying many factors including, but not limited to, duration of the activity. No conclusion should be drawn that CCUs correlate to time (e.g. hours).

CEUs in New York - pending.