

Francisco dela Cruz, DPT, OCS
(PRIMARY INSTRUCTOR)



Francisco is a board-certified specialist in Orthopedic Physical Therapy (OCS) and practices at Kaiser Permanente, Baldwin Park, California. He received his Master's degree in Physical Therapy in 1998 and later went on to obtain his Advanced Standing doctorate degree in 2012 from Western University of Health Sciences, Pomona, California. He completed the Kaiser Permanente Movement Science Fellowship in 2004. and went on to join the clinical faculty for the Kaiser Movement Science Fellowship from 2006-2013.

Francisco has been a clinical faculty of the Kaiser Permanente Orthopedic Physical Therapy Residency since 2005 and Kaiser Spine Rehab Fellowship since 2016. He also serves as clinical faculty for Azusa Pacific University Clinical Fellowship in Movement & Performance. He has been published in the International Journal of Sports Physical Therapy (IJSPT) for research on baseball pitchers and has done a research study with the Arizona Diamondbacks and Colorado Rockies pitchers.

Clare Frank, DPT, MS, OCS, FAAOMPT
(Guest instructor for the 4th weekend)



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, the late 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

**Azusa Pacific University
701 E. Foothill Blvd.
Azusa, CA 91702**

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.

Additional objectives for each weekend listed on www.movementlinks.com

2019 COURSE SCHEDULE

Time: 8:30 AM - 5:00 PM

LOWER QUARTER

Mar 9– 10 Muscle Analysis, Gait, Postural Stability, Movement Exam of the Lower Quarter

Apr 6 – 7 Neuromuscular Facilitatory & Inhibitory Techniques. Corrective & Reflexive Exercises, Movement Re-ed

UPPER QUARTER

May 18 –19 Movement Exam Neuromuscular Facilitatory & Inhibitory Techniques, Corrective & Reflexive Exercises, Movement Re-ed

FUNCTIONAL MANAGEMENT PROGRESSION

Jun 8 – 9 “Putting it Together” Movement analysis based on integration of both upper & lower quarter

Instructional Level: BASIC

Optional Movement Links Certification Course

Date: Oct 5 -6, 2019
Location: Azusa Pacific University
Cost: \$400

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 5-6, 2019.

NOTE: This reflects a savings of \$150 if registering for both the Movement Links series and certification course together.

Registration: www.movementlinks.com
Contact info@movementlinks.com if you would like to arrange for installment payments.

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).

<https://pt.fsbpt.net/aPTitude/content/public/FSBPTCertification>