

## Francisco dela Cruz., PT, DPT

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 college baseball pitchers and has conducted a research study with the Arizona Diamondbacks and Colorado Rockies pitchers.

## Faith Rea, PT, DPT

Instructor



Faith is a board certified specialist in orthopedic physical therapy (OCS). Faith played collegiate soccer for Cal State University Bakersfield and semi-professional for the Ventura Fusion. After her college and soccer career she went to Azusa Pacific University to complete her Doctorate in Physical Therapy (2015).

After completing her doctorate, Faith continued her post professional education and graduated from the Kaiser Permanente Orthopedic Residency program (2017) as well as the Azusa Pacific Clinical Fellowship in Movement and Performance (2019).

Faith is currently the co-director of the Orthopedic Sports Medicine Program at Casa Colina Rehabilitation Center, and serves as a clinical mentor in Casa Colina's Orthopedic residency program.



*Presents*

# Movement Links Seminar Series

## COURSE LOCATION

Evergreen Physical Therapy  
111 South Hudson  
Pasadena CA 91001

## COURSE DESCRIPTION

This seminar series is designed to provide a deeper understanding of the movement and neuromuscular approaches in the evaluation & management of musculo-skeletal 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 and 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 and 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](http://www.movementlinks.com)

Instructional Level: Basic

## COURSE SCHEDULE

Time: 8:30 am - 5:00 pm

***Participants are required to view an Introductory video lecture & pass the quizzes prior to attending the "live" class.***

### Lower Quarter

**Sep 7 - 8** Muscle Analysis, Gait, Postural Stability, Movement Exam of the Lower Quarter

**Sep 28- 29** Neuromuscular Facilitatory & Inhibitory Techniques, Corrective & Reflexive Exercises, Movement Re-ed

### Upper Quarter

**Nov 2 -3** Movement Exam Neuromuscular Facilitatory & Inhibitory Techniques Corrective & Reflexive Exercises, Movement Re-ed

### Functional Management Progression

**Dec 7-8** "Putting it Together" Movement analysis based on integration of both upper & lower quarter.

### ***Optional Movement Links Certification Course***

**Date:** June 7 - 8, 2025

**Location:** Pasadena, CA

**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 + 12 month access to instructional videos

**\$2500** includes Movement Links series + 12 month access to instructional videos + certification course

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

**Contact:** [info@movementlinks.com](mailto: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.

5.6 CEUs (56 contact hours) approved by California Physical Therapy Board