

**Nicole Lovett., PT, DPT**

Primary Instructor



Nicole Lovett was born and raised in Diamond Bar in Southern California. Her interest in Physical Therapy started when she was 12, after encountering various sports injuries. She became inspired by physical therapists, and knew that someday she would be just like them. Nicole attended San Francisco State University, played soccer for the Women's Team, and graduated with a Bachelor's degree in Kinesiology in 2005. She also holds a Doctorate degree in Physical Therapy from Azusa Pacific University (2009). In addition to her Bachelor's and Doctorate degrees, Nicole is also a graduate from the Kaiser Orthopedic Residency program (2010) as well as the Kaiser Movement Science fellowship (2012).

Nicole is a board certified orthopedic specialist and practices at Kaiser Permanente in Downey, where she serves as clinical mentor in the Kaiser Orthopedic Physical Therapy Residency program. She also assists with the physical therapy program at Azusa Pacific University. She enjoys applying the movement science approach to patients and sharing the approach with other physical therapists.



*Presents*

## **2026 Movement Links Seminar Series**

### **COURSE LOCATION**

Coury & Buehler Physical Therapy  
250 East Yale Loop #201  
Irvine, CA 90264

[www.cbphysicaltherapy.com](http://www.cbphysicaltherapy.com)

## 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

**Mar 21-22** Muscle Analysis, Gait, Postural Stability, Movement Exam of the Lower Quarter

**Apr 18-19** Neuromuscular Facilitatory & Inhibitory Techniques, Corrective & Reflexive Exercises, Movement Re-ed

### Upper Quarter

**May 16 -17** Movement Exam Neuromuscular Facilitatory & Inhibitory Techniques Corrective & Reflexive Exercises, Movement Re-ed

### Functional Management Progression

**June 20-21** "Putting it Together" Movement analysis based on integration of both upper & lower quarter.

### Optional Movement Links Certification Course

**Date:** June 5 , 2027

**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

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

**\$2750** 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.

5.7 CEUs pending approval from California Physical Therapy Board.