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Dr. Parchman was born and raised near Los Angeles, California. She obtained her Bachelor's of Science Degree in Exercise Science and Sports Medicine from California Lutheran University (2006) and Doctorate of Physical Therapy from Mount Saint Mary's University (2009). She completed the Southern California Kaiser Permanente Orthopaedic Residency Program in 2010, Movement Science Fellowship in 2012, and Spine Rehabilitation Fellowship in 2014.

Dr. Parchman is a board-certified clinical specialist in Orthopaedic Physical Therapy (OCS), and a Fellow of the American Academy of Orthopaedic Manual Physical Therapy (FAAOMPT). She is also a certified Movement Links Specialist (MLS), and Dynamic Neuromuscular Stabilization practitioner (DNSP). Dr. Parchman currently practices at Kaiser Permanente Panorama City in the Spine Center. She is a preceptor in the Kaiser Permanent Orthopaedic Residency and Spine Fellowship programs and part-time faculty at Mount St. Mary's University's DPT program.



Presents

Movement Links of the Upper Quarter

July 24 - 26, 2026

COURSE LOCATION

**Newbury Park Physical Therapy
2814 Camino Dio Rios #406
Newbury Park, CA 91320**

<https://www.nppt.com/>

COURSE DESCRIPTION

This 3-day lab intensive course 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 of the upper quarter, with particular attention to the cervico-scapulo-humeral relationship and its integration with manual orthopedic procedures will be discussed. This workshop will provide the participant tools necessary to become proficient in basic functional movement analysis and management of common cervico-scapulo-humeral dysfunctions.

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 and movement.

Draw relationships between impairments & contributing factors responsible for creating the dysfunction.

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.

Instructional Level: BASIC

COURSE SCHEDULE

Participants are required to view a 2-hour Introductory video lecture & pass the quizzes prior to attending the "live" class.

Jul 24 1:00 - 5:30pm	Introduction Muscle Analysis Movement Exam of the Upper Quarter
Jul 25 8:30am - 5:00pm	Exam (cont.) Neuromuscular Facilitatory & Inhibitory Techniques,
July 26 8:30 - 5:00pm	Corrective & Reflexive Exercises Movement Re-ed

19 CEUs (1.9 contact hours)
approved by California Physical
Therapy Board

Registration

COST: \$950

30% discount towards a 12 month subscription to Movement Links video Library.

<https://www.movementlinks.com/resources.php>

Contact: info@movementlinks.com

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