

## Movement Links Series

### COURSE DESCRIPTION

This seminar series is designed to provide a deeper understanding of the movement system and neuromyofascia-skeletal approaches in the evaluation and management of musculoskeletal pain syndromes. Functional regional interdependence between musculofascial, osteoarticular and central nervous system in the regulation of movement will be the 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

At the conclusion of the series participants will be able to:

- demonstrate the functional interdependence between the muscular, osteoarticular and central nervous system in the regulation of movement.
- demonstrate observational analysis of posture, movement and gait in patients with upper and lower extremity musculoskeletal dysfunctions.
- display fine-tuned palpation and handling skills for evaluation, treatment, & exercise correction for upper and lower extremity musculoskeletal dysfunctions.
- demonstrate neuromuscular facilitatory & inhibitory techniques for optimal neuromuscular function and movement in patients with spinal, lower extremity, and upper extremity dysfunctions.
- demonstrate the integration of manual orthopedic procedures and movement concepts in the assessment & management of musculoskeletal pain syndromes including low back and neck pain.
- analyze complex movements and skills in patients with musculoskeletal pain syndromes, by breaking their component parts down to functional synergies, planar movements and impairments.

#### Weekend #1

- At completion of weekend, participants will accurately demonstrate observational skills of posture, and gait to allow assessment and treatment of patients with hip, knee, and back pain.
- On completion of weekend, participants will demonstrate correct handling skills of lower quarter examination tests for assessment of patients with hip, knee, and back pain.

#### Weekend #2

- At completion of weekend, participants will independently demonstrate facilitatory and inhibitory techniques for the treatment of hip, knee, and lower back pain.

- Upon completion of weekend, participants will display correct cueing and positioning for abdominal wall activation and respiration in patients with low back pain.
- On completion of weekend two, participants will display accurate handling skills for corrective exercises in patients with back, hip, and knee pain.

### Weekend #3

- Upon completion of weekend three, participants will independently demonstrate facilitatory and inhibitory techniques for patients with shoulder and neck pain.
- At the completion of weekend, participants will display correctly describe the relationship between the abdominal wall and the deep neck flexors in patients with neck pain.
- At the conclusion of weekend three, participants will display accurate handling skills for corrective exercises in patients with neck and shoulder pain.

### Weekend #4

- At conclusion of weekend four, participants will correctly demonstrate the integration of movement concepts and manual orthopedic procedures in the evaluation and treatment of patients with upper and lower quarter musculoskeletal pain syndromes
- Upon completion of weekend four, participants will accurately analyze complex movements and skills by breaking them into functional synergies, fundamental movements and movement faults.

### **Course Schedule:**

8:30 AM – 10:15 AM	Lecture
10:15 AM – 10:30 AM	Break
10:30 AM – 12:30 PM	Lecture/Lab
12:30 PM – 1:30 PM	Lunch
1:30 PM – 3:15 PM	Lab
3:15 PM – 3:30 PM	Break
3:30 PM – 5:00 PM	Lab

7 contact hours per day x 8 class days = 56

CEUs: 5.6