

MOVEMENT MODULE: CO-ORDINATION EFFICIENCY

MULTI-JOINT SYNERGIES IN ALIGNMENT AND CO-
ORDINATION



MOVE
WELL TO
LIVE WELL

GIVE YOURSELF
THE BEST
ADVANTAGE

MOVE
BETTER -
DO MORE

HELPING YOU
RESTORE
QUALITY OF LIFE

KINETIC
CONTROL

20 YEARS OF OPTIMISED MOVEMENT HEALTH

COURSE INTRODUCTION:

This module evaluates movement patterns to help change muscle function associated to pain, pathology and compromised function. This evaluation helps therapists towards establishing a more optimised movement system for their patients. The observation and analysis of patterns of muscle synergies in functional tasks is examined and options for retraining more efficient movement strategies are presented.

COURSE OUTLINE:

The main focus of this course is to explore functional activities and tasks in patients. Understanding muscle actions and observing synergist activation patterns can inform clinicians of movement patterns associated with pain and impaired function. Directed cueing for facilitation of more optimal patterns are developed in practical workshops.

The clinical value of these skills is both immediate and long-term improvements in function and pain. The process clearly directs therapists towards an effective means of managing movement and alignment, so that individuals may pursue pain free lives, avoiding recurrence and secondary complaints.



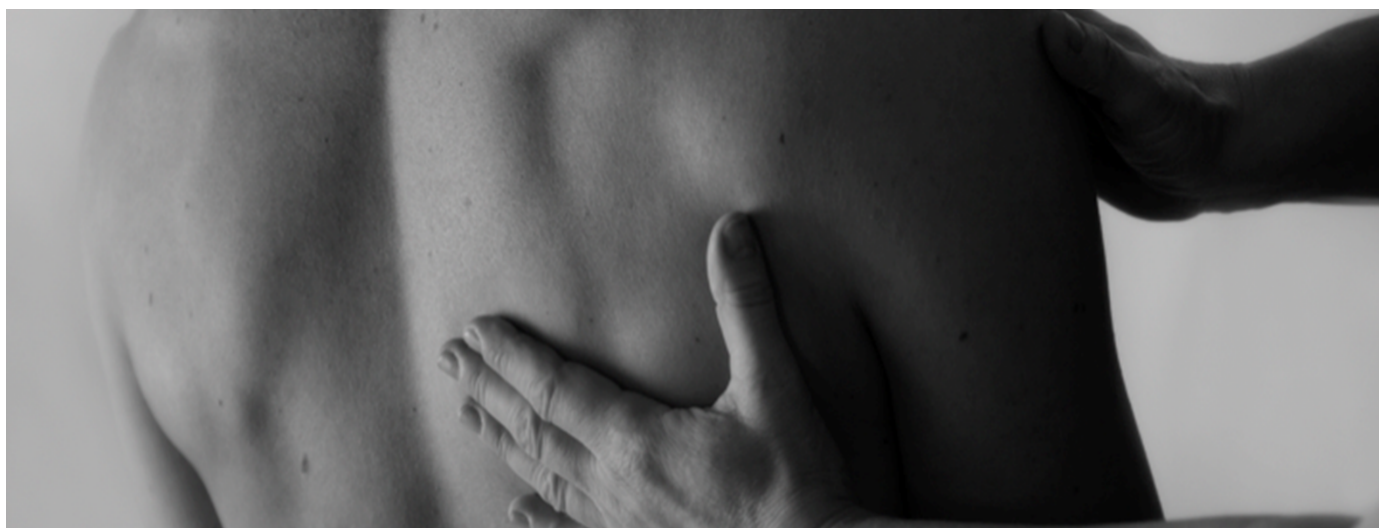
KEY FEATURES:

- Enhances ability to assess muscle function through observation of patients' movement patterns during functional tasks
- Develops clinicians' teaching and cueing skillset of their patients' movement patterns to influence muscle function associated with pain, pathology and compromised function
- Combines classic and contemporary evaluation methods with Kinetic Control's world renowned and innovative movement assessment and retraining
- Gives clinicians the ability to choose movement assessment and retraining as the intervention of choice

LEARNING OUTCOMES:

At the end of this course the participant should be able to:

- Display an understanding of the relationship between movement patterns, postural alignment and muscle synergies in functional tasks
- Demonstrate the ability to apply a muscle synergy classification model to multi-joint movement challenges
- Demonstrate the ability to assess the efficiency of alignment and movement patterns so as to reduce pain, the impact of pathology and improve function.
- Display an ability to classify individuals into relevant alignment and movement pattern subgroups for the low back, the hip, the neck and the shoulder
- Display an ability to deliver movement intervention strategies to minimise the negative causes or consequences of alignment change and inefficient movement patterns
- Identify how assessment, analysis and retraining of alignment and movement patterns can be integrated in to their clinical practice



PROGRAMME OUTLINE:

- How lost 'choices' in movement impact synergies and function
- The value of evaluating movement and what it tells us about recruitment patterns between synergists
- Assessing pattern of movement in functional activities
- The value of both static and dynamic alignment in respect to muscle synergies
- Detailed analysis of muscle function and patterns and changes associated with pain and impaired function
- Practical workshops to enhance cueing to facilitate of more optimal patterns for immediate and long-term improvements in function and pain
- The implication of pain of recruitment thresholds and recruitment synergies
- Muscle classification and the implication of muscle roles for movement control and co-ordination
- Muscle synergy function on alignment at low back and pelvis, hip, neck and shoulder
- Synergistic patterns in functional activities

DAY ONE:

9.00 -10.30 Introductions

Alignment evaluation and muscle synergies – connecting through evaluation
Traditional and contemporary evaluation

10.30 -10.50 Coffee

10.50 - 12.30 Alignment and Choice (implications of changes in muscle function)
Muscle classification

12.30 - 13.30 Lunch

13.30 - 15.00 Lumbo-Pelvic & Hip Muscle Influence on Alignment & Posture Workshop
Assessing pattern of movement in functional activities
Facilitation and retraining

15.00 - 15.20 Tea

15.20 - 17.00 Continue

DAY TWO:

9.00 – 10.30 Hip Muscle Influence on Alignment & Posture Workshop:
Assessing pattern of movement in functional activities
Facilitation and retraining

10.30 - 10.50 Coffee

10.50 – 12.30 Neck Muscle Influence on Alignment & Posture Workshop:
Assessing pattern of movement in functional activities
Facilitation and retraining

12.30 - 13.30 Lunch

13.30 - 15.00 Shoulder Muscle Influence on Alignment & Posture
Workshop: Assessing pattern of movement in functional activities
Facilitation and retraining

15.00 - 15.20 Tea

15.30 – 16.00 /17.00 Synergistic patterns, clinical presentations, relevance and application to
clinical practice and

Where next?

(Programme subject to change)



HELP YOUR PATIENTS TO MOVE BETTER, FEEL BETTER, AND DO MORE:

This module and all Kinetic Control courses help you to help all your patients to move better, feel better and do more. These courses present movement as the vehicle supplying choice in people's life, for life; a perspective shifting the emphasis away from pain and pathology, placing movement and the health of movement at the center of intervention strategies.

The two days of this particular module employ a movement focused philosophy to issues related to alignment and co-ordination, considering how both factors may influence Movement Health.



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