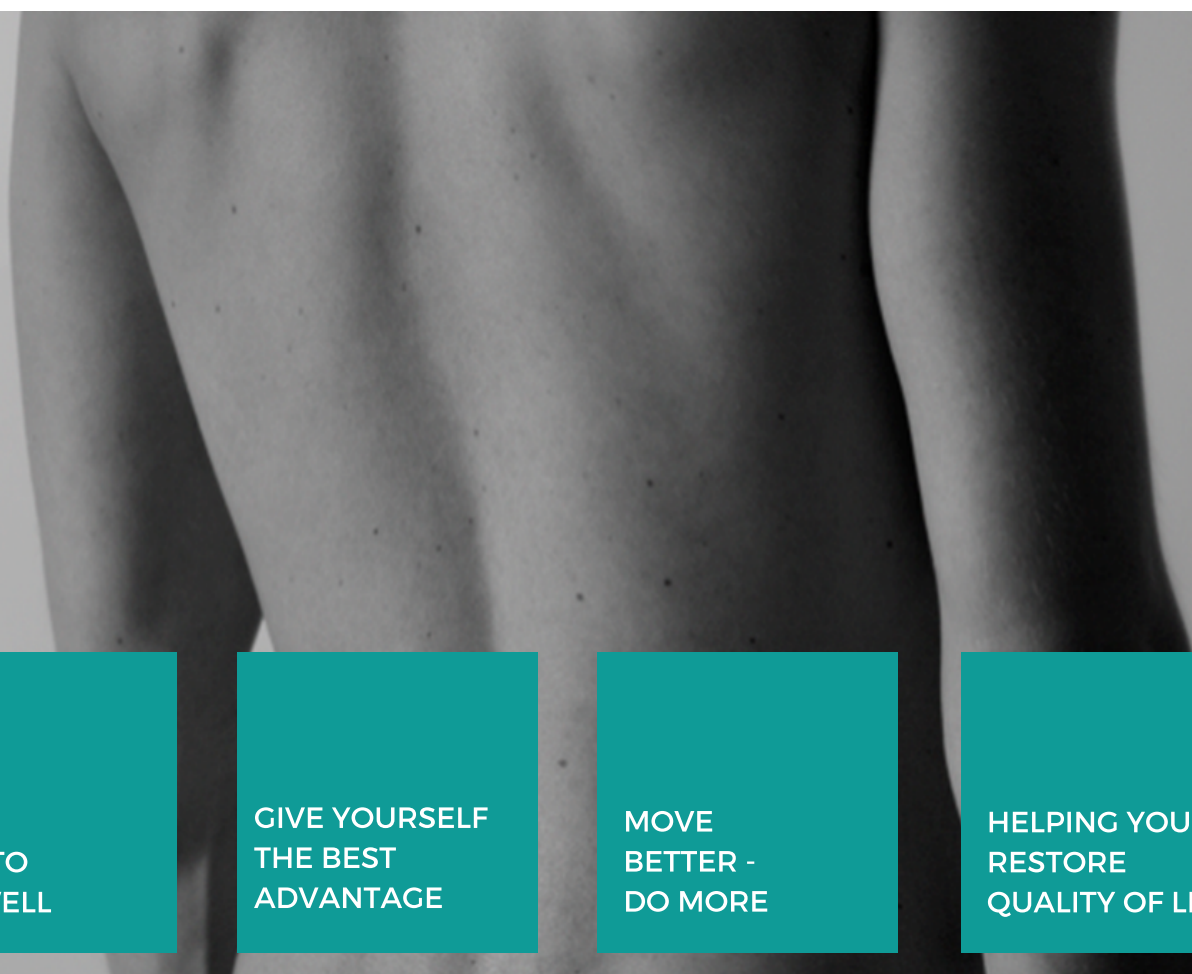


THE MOVEMENT SOLUTION

ONE



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

THE MOVEMENT SOLUTION

Contemporary research demonstrates the multi-factorial nature of patients' presentations. To manage this complexity within the current clinical environment, this course places its focus upon the assessment and retraining of characteristics of movement seen to change in the presence of pain, pathology and compromised function.

Our flagship course will help to help you to achieve a thorough understanding on the mechanisms of these changes in movement, how to identify them and how to manage them. It presents these skills within a comprehensive clinical reasoning framework supplying you the tools to use movement as the intervention of choice for addressing pain, recurrence and functional limitations.

FOLLOWING THIS COURSE, YOU WILL BE ABLE TO:

- Identify clinical priorities in patients through movement assessment
- Assess and classify altered movement in respect to pain and compromised function
- Have available at their fingertips a large range of retraining strategies to establish efficient movement
- Use a clinical reasoning framework to prioritise the clinical decision-making challenges that movement therapists experience in contemporary clinical practice
- Use fine-tuned observation and palpation skills enhanced by using imaging ultrasound and pressure biofeedback to give real-time feedback about recruitment and control of movement
- Develop an assessment framework that will provide a diagnosis of;
 - movement control impairment
 - myofascial and articular restrictions
 - aberrant guarding responses
 - pain-sensitive tissues
 - consider contextual factors



COURSE CONTENT WILL INCLUDE:

- The identification, classification and retraining of movement impairments at the lumbar spine, hip, cervical spine and shoulder girdle
- A review of the biomechanics of efficient movement
- A review of the biomechanics of inefficient function producing tissue stress & pathology
- Making links between tests of inefficient movement and symptoms
- A clinical reasoning framework to identify priorities for rehab, where to start retraining, and how to be very specific and effective in retraining prescription and individual retaining packages
- A look at knowing which way and how fast to progress, and knowing how to tell when retraining has achieved an effective end goal independently of symptoms
- Movement Health
- Control of direction for diagnostic frameworks
- Development of rehabilitation principles and application of retraining strategies for the local and global synergist role systems
 - Control of direction
 - Control of translation
 - Synergies – global stabilizer role synergists' control through range and global mobiliser role synergists' extensibility
- How to put the latest research findings into clinical practice
- Understanding recruitment threshold – applying principles of neurophysiology to retraining planning, design and delivery
- A review of muscle function based on the latest research and consideration of at muscle action in terms of single joint function and multi-joint function

PROGRAMME: SECTOR 1

Identifying and retraining site and direction of uncontrolled movement

- Concepts / theory of movement control impairments and co-ordination efficiency
- Principles of identifying site and direction of uncontrolled movement
- Practical application of identifying uncontrolled movement in terms of site and direction at the lumbar spine, cervical spine, hip & shoulder girdle
- Alignment & Co-ordination



Home study / practical application

- Working through the practical application to identify and retrain site and direction of uncontrolled movement at the lumbar spine, cervical spine, hip & shoulder girdle
- Bring to sector 2, 2 case short case examples demonstrating within a clinical reasoning framework the identification and retraining of uncontrolled movement in terms of site and direction (with reference to 10 questions) [Maximum 2 sides of A4]
- Revision of functional anatomy for global and local role synergist systems
- Consideration of inefficient muscle synergies in terms of site and direction of uncontrolled movement and indications for local stabilizer role synergist retraining. Studying literature to support the concept

PROGRAMME: SECTOR 2

Monday am: Hand in case examples

Altered synergy in the clinical reasoning framework

- Functional anatomy and biomechanics related to site and direction of uncontrolled movement
- Global muscle systems synergies
- Assessment and retraining of global stabilizer role muscle synergies to control range of movement
- Assessment and retraining of global mobiliser role muscle synergies system extensibility
- Functional integration
- Give and restriction analysis
- Integration of all principles of assessment and retraining
- Movement Health

Home study / practical application

- Working through practical application of assessment and retraining of the global synergy muscle system
- Give and restriction analysis
- Bring to sector 3, 2 case short case examples demonstrating within a clinical reasoning framework the diagnosis of site and direction of uncontrolled movement, assessment and retraining of the global muscle synergy system [Maximum 2 sides of A4]
- Consideration of indications for local stabilizer role synergist retraining
- Studying literature to support the concept



PROGRAMME: SECTOR 3

Monday am: Hand in case examples

The Local Muscle Synergy System & Clinical judgment in the retraining of uncontrolled movement

- Assessment and retraining of the local muscle synergy system
- Give and restriction analysis
- Clinical judgement
- Pain mechanisms and identification of pain presenting mechanisms
- Tissue / pathology and diagnosis of likely complaining tissue (pathology)

BECOME A KINETIC CONTROL MOVEMENT THERAPIST (KCMT)

On registration you will receive:

- Certification as a KCMT
- License to use name KCMT and the Kinetic Control logo and trademark to help promote your business
- Listing on the Kinetic Control website to help potential clients find you
- Invitation to the annual Movement Therapist training day (delegate fee applies) to meet with like-minded colleagues for networking, lectures and practical sessions
- Be part of KC's International Network

To register you will have completed:

- The Movement Solution One or
- Three modules from the Kinetic Control Co-ordination Efficiency pathway, three modules from the Muscle Synergies pathway and one Kinetic Control Masterclass.

