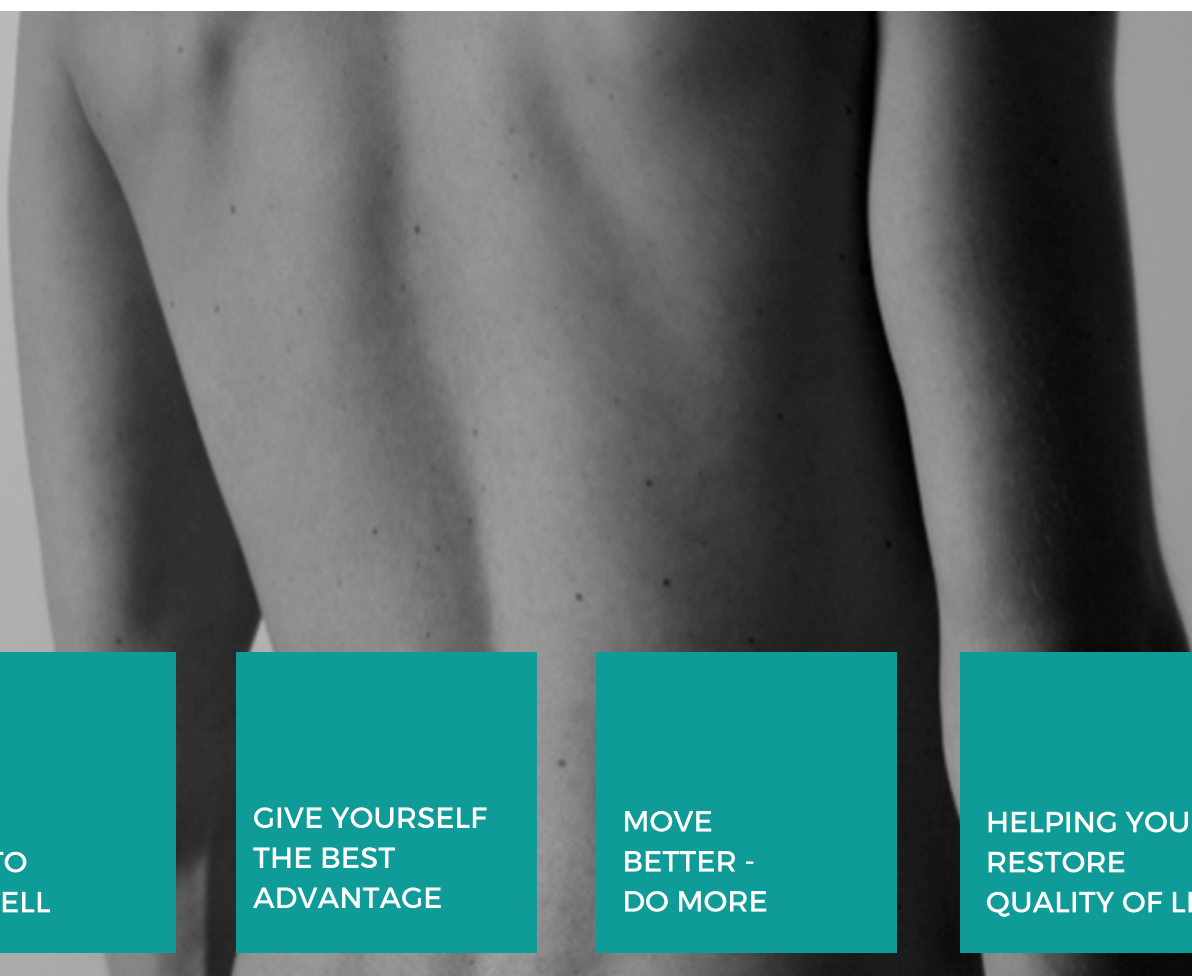


MASTERCLASS

TAKING CLINICAL MOVEMENT EXCELLENCE
INTO NEW DIRECTIONS



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:

Combining current perspectives from contemporary research with a 'movement-centric' approach to the management of complex clinical presentations, this masterclass further refines clinicians' skillsets to work with a diverse and challenging clinical population.

THE MAIN FOCUS OF THIS COURSE WILL BE TO:

- Explore the current mechanisms underlying the motor adaptation to pain, history of pain, fatigue and recurrence in the different clinical populations
- We will demonstrate specific movement control tests to assess movement impairments in the different clinical populations
- Practical assessment and retraining strategies will be explored how to change movement impairment influence in the different clinical populations

WE WILL FOCUS ON HOW MANAGEMENT CAN BE OPTIMIZED WITH INDIVIDUAL TARGETED APPROACH TO IMPROVE THE MOVEMENT EFFICIENCY, INFLUENCE QUALITY OF LIFE AND AFFECT RECURRENCE



KEY FEATURES:

- Challenges and enhances clinicians' skills in the application of a movement-focused approach to a range of presentations
- Application of contemporary movement and pain related research into a systemized clinical reasoning framework by exploring the relationships between uncontrolled movement, pain, recurrence and compromised function.
- Systemized, patient specific assessment of movement designed for the clinical environment
- Application and refinement of systemized movement retraining
- Explore how management can be optimized with individual targeted approach to improve movement efficiency, influence quality of life and affect recurrence in different clinical presentations

LEARNING OUTCOMES

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

- Display an understanding of the influence of complex and interacting factors on specific characteristics of movement
- Display an understanding of the role of movement in the aetiology of the pain, recurrence and compromised function
- Demonstrate the ability to assess characteristics of movement within a highly systemised clinical framework and incorporate these findings in to a complex clinical picture for a range of individuals
- Demonstrate the ability to deliver individualised, specific movement retraining interventions to address movement related clinical priorities in a time efficient manner
- Explore the relationship between uncontrolled movements and restrictions with the different clinical presentations
- Applies systemized clinical framework to the management of presentations of the low back, femero-acetabular impingement syndrome, the neck and shoulder and those associated with acute injury within running populations



PROGRAMME OUTLINE:

- Explores how systemized movement assessment and retraining acts as a clinical tool to manage the complexity of current clinical environment
- Explores how a 'Movement Health' focus shifts patient mindsets away from pain, recurrence and compromised function
- Combines lecture-style exploration of current literature with clinic-ready practical examples of assessment and retraining

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 centre 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.

