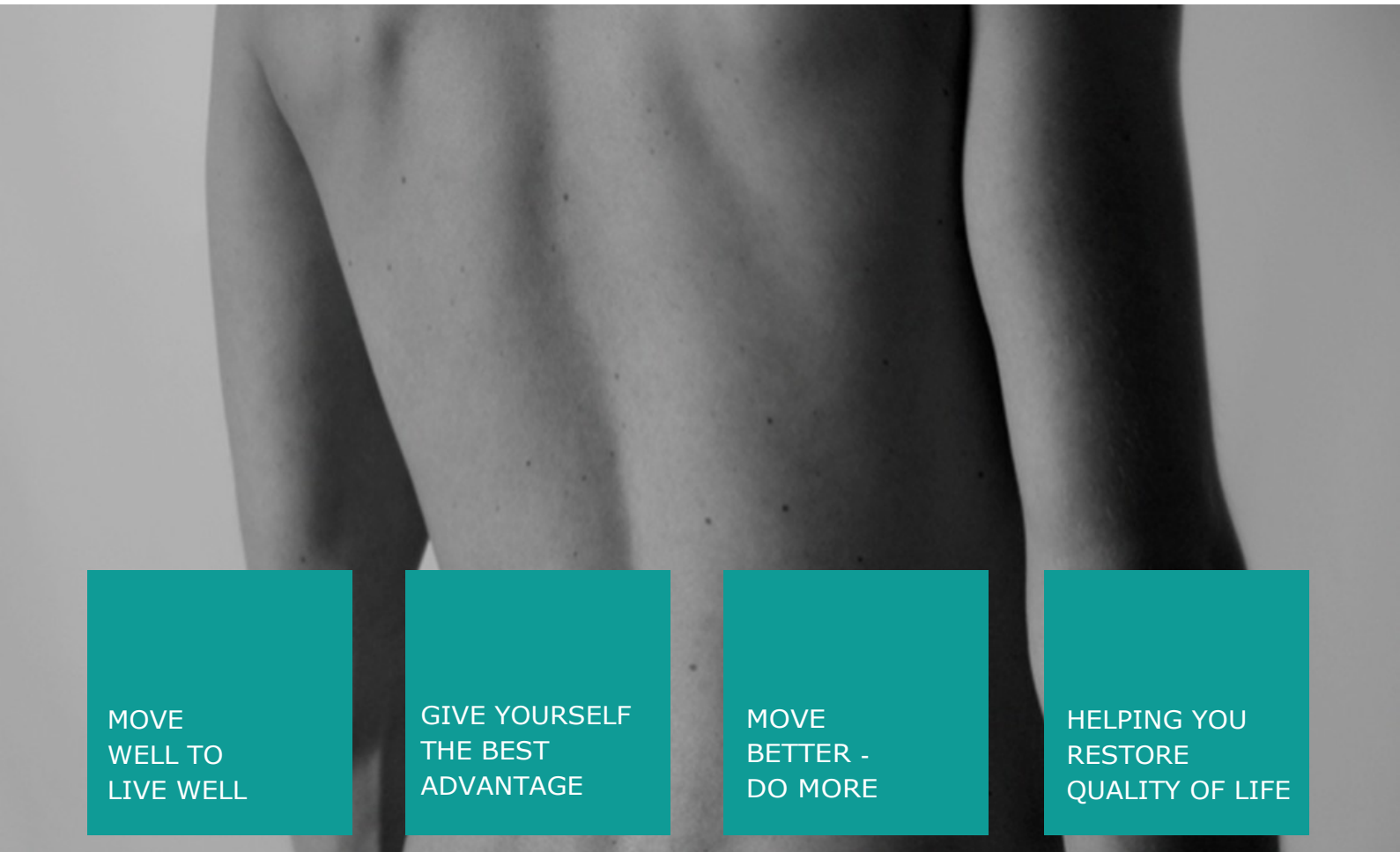


MASTERCLASS

MANAGING RESTRICTIONS FOR MOVEMENT
EFFICIENCY AND MOVEMENT HEALTH



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 OUTLINE:

The event blends' expertise in manual therapy techniques and movement analysis and retraining, within a rigorous framework of clinical reasoning to exert change on deficits in range and movement. It delivers skills to allow attendees to efficiently identify the nature of a restriction (myofascial/articular) and apply the most effective techniques to manage this deficit. It joins the dots of restriction, compensation and risk, ensuring attendees' clinical reasoning skills become more robust in the face of deficits in flexibility and movement efficiency.

This 4-day masterclass presents a systemised framework to assess and manage restrictions and delivers skills of movement assessment and retraining to exert long-term change on pain, pathology and compromised function and performance.

- Delivers skills of analysis, restriction management and targeted movement retraining, to identify and resolve restrictions and movement compensations contributing to the development of impairments and pain.
- Five different strategies are presented to regain extensibility of myofascial restrictions along with a clinical reasoning framework to decide which option is most appropriate at any time
- The course identifies and supplies techniques to address specific articular restrictions almost always contributing to movement efficiency impairments.

COURSE OVERVIEW:

This multi-disciplinary event is for:

- Physiotherapists, Pilates Instructors, Movement Therapists, Coaches, Personal Trainers, Medics & Sports Medicine Professionals, Strength & Conditioning Coaches, Sport Therapists, Rehab Therapists, Osteopaths, Chiropractors
- Designed to help any movement, performance or therapy focussed professional to become proficient in the assessment and mobilisation of both articular and myofascial restrictions
- On completion of these practically orientated 4 days, attendees will possess a range of skills which can be instantly applied within a systemised framework of movement efficiency
- The course provides a rigorous clinical reasoning structure to assist the identification and management of restrictions contributing to movement control impairments for all patient, client or athlete groups



We will present the tools necessary to allow the full spectrum of disciplines within therapy to:

- Evaluate movement efficiency
- Recover movement flexibility and extensibility to optimise the retraining of movement control efficiency
- The course offers therapists the ability to identify whether current pain/dysfunction is linked to movement control impairments and how those movement control impairments a consequence of a loss of flexibility within myofascial and articular structures

KEY FEATURES:

Provides clinical reasoning and therapeutic skillset to manage restrictions and movement compensations that result in pain, pathology and compromised function

- Explores relationship between loss of movement choices and restrictions
- Identifies relationship between loss of movement choices, pain, recurrence and compromised function
- Supplies skills to analyse potential restrictions and differentiate restricted tissues
 - Contractile (myofascial) tissue restrictions
 - Articular restrictions
 - Connective tissue restrictions
 - Neuro-dynamic restrictions
- Supplies multiple options to regain myofascial contractile extensibility
- Offers innovative manual techniques to mobilise specific articular restrictions contributing to uncontrolled movement
- Learn effective techniques for regaining connective tissue mobility
 - Applying different techniques to Myers fascial 'anatomy trains'
 - Applying different techniques to energy storage fascias

Supplies targeted movement retraining interventions, allowing professionals to enhance skills and employ a systemised framework to change the mechanisms of movement impairment



LEARNING OUTCOMES:

This course will allow participants to manage restrictions and optimize Movement Health and enhance quality of life. To achieve this outcome, participants will be able to:

- Evaluate extensibility & flexibility and analysis the consequence of restriction
- Explore the source of restrictions: articular and soft tissue restrictions including contractile tissue, connective tissue restrictions and neurodynamic influences
- Apply a muscle synergy classification model to address the presence of restriction and influence on movement quality
- Apply a range of strategies to regain both myofascial extensibility and address articular restrictions within a clinical reasoning framework
- Identify the relationship between a restriction, loss of movement choices, pain, recurrence and compromised function
- Apply both myofascial and connective tissue extensibility techniques into exercise programmes

PROGRAMME OUTLINE:

- How restrictions contribute to altered movement, pain, pathology, and activity and participation limitations

The differentiation of restrictive tissues:

- Contractile (myofascial) tissue restrictions
- Articular restrictions
- Connective tissue restrictions
- Neuro-dynamic restrictions
- Analysis of restrictions and their influence on movement efficiency and movement control (site and direction of loss movement choices)

For each muscle lacking extensibility:

- Analyse the muscle action & its elongation direction
- Apply different management options to regain extensibility
 - Active antagonist contraction via reciprocal inhibition (Active Inhibitory Restabilisation)
 - Post isometric relaxation via autogenic inhibition (Contract-Relax)
 - Myofascial Trigger Point stimulation.
 - Passive stretch (sustained force loading)
- Innovative manual techniques to mobilise specific articular restrictions associated with altered movement & techniques to regaining connective tissues mobility

PROGRAMME

DAY 1:

9.00 – 10.30 Introductions

Managing restrictions, movement efficiency and movement health

10.30 - 10.50 Coffee

10.50 - 12.30 Muscle synergy interaction and range of motion

12.30 - 13.30 Lunch

13.30 - 15.00 Strategies to regain myofascial extensibility

15.00 - 15.20 Tea

15.20 – 17.00 Assessing and regaining myofascial extensibility – low back and hip

DAY 2:

9.00 – 10.30 Assessing and regaining myofascial extensibility, low and hip & lower leg

10.30 - 10.50 Coffee

10.50 – 12.30 Continue

12.30 - 13.30 Lunch

13.30 - 15.00 Assessing and regaining myofascial extensibility, neck and shoulder

15.00 - 15.20 Tea

15.30 – 17.00 Continue

DAY 3:

9.00 – 10.30 Contractile tissue management within clinical reasoning

10.30 - 10.50 Coffee

10.50 – 12.30 Connective tissue interventions

12.30 - 13.30 Lunch

13.30 - 15.00 Special cases

15.00 - 15.20 Tea

15.30 – 17.00 Summary case study and review

DAY 4:

9.00 – 10.30 Articular restriction management, articular restriction interventions

10.30 - 10.50 Coffee

10.50 – 12.30 Articular restriction interventions

12.30 - 13.30 Lunch

13.30 - 15.00 Articular restriction interventions

15.00 - 15.20 Tea

15.30 – 17.00 Case study and framework

Where next?

(programme subject to change)