

Advanced Track 1

Differential Diagnosis and Treatment of the Hip

The hip is a common site for pain referral. Pain complaints to this area warrant a differential diagnosis before treatment is initiated. This advanced track is designed to update the clinician on specific hip pathologies with emphasis on differential diagnosis through the clinical exam. An integrative approach to assessment & treatment will be presented for the various hip pathologies discussed. Lab will focus on manual treatment & rehabilitation techniques that are designed for immediate application. Current evidence regarding hip assessment and treatment will be incorporated throughout the course.

Note: Please come dressed in lab attire – shorts and tee shirts.

Advanced Track 2

Manual Therapy of the Lumbar Spine

Rehabilitation of patients with low back pain typically involves the use of manual therapy and exercise. This advanced track is designed to expose the participant to manual therapy and self-treatment techniques used to decrease pain and restore segmental and myofascial mobility. Theoretical background and guided practice in muscle energy technique, joint mobilization, myofascial release and directionally specific self-mobilization techniques will be provided. Participants should leave this advanced track with a working knowledge of basic techniques within each of these manual therapy disciplines and an understanding of how they collectively can be used in a low back treatment plan.

Note: Please come dressed in lab attire – shorts and tee shirts.

Advanced Track 3

Bridging the Gap between Injury and Performance: Addressing Neuromuscular Deficits

Preparing an athlete to return to their sport involves rehabilitation of both structural and functional deficits. In this advanced track, a comprehensive approach to evaluating the sensorimotor system will be introduced. Common patterns of dysfunction will be discussed including tonic-phasic muscle systems, upper-crossed syndrome, lower-crossed syndrome, and joint mobility-stability deficits. The overall focus of this session will be the progression of the athlete from initial injury to sports competition including injury prevention and elements of sports performance training. This seminar will use lecture, demonstration, and participant practice to identify rehabilitation strategies and techniques to address common neuromuscular deficits.

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Advanced Track 4

Kinesio Taping Technique: Applications for Prevention, Acute and Chronic Conditions

The Kinesio Taping Technique was first conceptualized by Kenzo Kase, DC in 1973. This advanced track will introduce the clinician to the physiologic and mechanical basis of the Kinesio Taping concepts and corrective techniques. Guided practical application labs will allow the participant to apply Kinesio Taping Techniques to a variety of acute and chronic injury scenarios. Various preventative taping techniques will also be presented. This Advanced Track will provide the clinician with information and techniques that can be immediately applied in both clinical and educational settings.

Note: Please come dressed in lab attire – shorts and tee shirts.