

# THE ATHLETE MOVEMENT SYSTEM

## The Lower Quarter and Spine

### Course Description

This course teaches you how to use the movement system to assess, diagnose and treat athlete movement dysfunction. The material is highly interactive with an emphasis on the practical application of principles covered in the course. Concepts utilized in the course include closed kinetic chain muscle testing, dynamometry, speed of force generation, anatomical slings, neuromuscular chains, dual vectors and reflexive activation. At the conclusion of the course, you will have a greater understanding of how to integrate movement based assessments into sport-specific treatments.

### Location:

Movement Performance Institute  
8830 S Sepulveda Blvd, Los Angeles, CA 90045

**Date:** April 25th and 26th 2020

**Cost:** \$350 for APTA members and \$500 for non-members

**CEUS:** 1.6 Credits

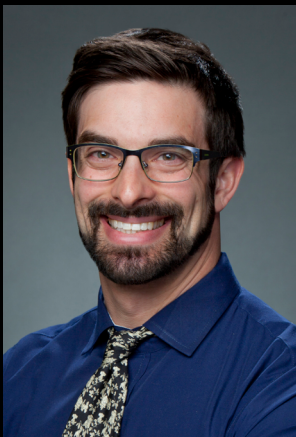
**Level:** Beginner to Advanced

**Student-to-Faculty Ratio:** 16:1

**Instructional Methods:** Lecture and Lab



**Register By Emailing:** [celiademayo@gmail.com](mailto:celiademayo@gmail.com)



### Dr. Jared Vagy PT, DPT, OCS, CSCS

Dr. Vagy received his Doctorate in Physical Therapy (DPT) from the University of Southern California (USC). He has completed a one-year residency in orthopedics and a one-year fellowship in movement science. Dr. Vagy is an adjunct instructor of clinical physical therapy in the DPT program at USC. He has published numerous articles on injury prevention and delivers lectures and seminars internationally on the topic. He has completed a rotation at the US Olympic Training Center, served as a physical therapist in China for the Chinese National Track and Field Team and has worked with USA Track and Field at the Olympic Team Trials. He has rehabilitated several world champions, gold medalists and Olympic athletes. His assessments and treatments are rooted deeply in an understanding of the movement system.

*“The most comprehensive and innovative continuing education course on athlete assessment and treatment. You must take this course.”*

## Objectives:

- Learn the biomechanics and sport specific demands of the lower quarter and spine.
- Understand the importance of regional interdependence of the lower quarter and its functional relationship to pathobiomechanics.
- Demonstrate and select appropriate movement assessments and treatments for an athlete's lower quarter and spine.
- Provide interventions based on faulty movement patterns and observed and relate to key impairments obtained from the objective exam.
- Learn current research supporting movement and sport-specific assessments and treatments.



## Course Outline:

### Day 1: Assessments of the athlete's spine and lower quarter

Overview of the lower quarter athlete  
The importance of movement and sport specific assessment and treatment

Introduction and foundational assessment

Movement Science Framework

- Thoracic, lumbar, hip, knee and ankle

Joint Centration

- Path of instantaneous center of rotation

Relative Flexibility

- Short versus relative stiffness

Muscle Performance

- The quality and timing of the contraction

Foundational assessment techniques application

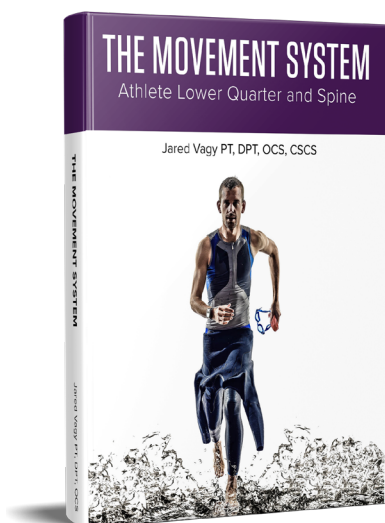
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## Day 1 Continued: Overview and foundational assessments

Biomechanics and advanced assessment
Lower quarter and spine movement exam part 1
Lower quarter and spine movement exam part 2
Sport specific movement exam

## Day 2: Treatment of the athlete's spine and lower quarter

<p>The treatment pyramid introduction</p> <ul style="list-style-type: none"><li>• Educate the client</li><li>• Unload the affected tissue</li><li>• Improve alignment and joint centration</li><li>• Restore mobility and relative motion</li><li>• Utilize newly acquired motion</li><li>• Increase selective motor function</li><li>• Use the entire kinetic chain</li><li>• Train function and skill</li></ul>
<p>Research support</p> <ul style="list-style-type: none"><li>• Mobilization and Exercise</li><li>• Regional Interdependence</li><li>• Pelvic Rotational Stability</li></ul>
<p>Treatment technique application</p> <ul style="list-style-type: none"><li>• Rigid Strap and Kinesiology tape</li><li>• Joint centration</li><li>• Post isometric relaxation</li><li>• Gravity induced inhibition</li><li>• Relative motion treatments</li><li>• Muscular facilitation</li><li>• Reflexive activation</li></ul>



*Sign up soon before the course fully registers.*

*“The Movement System” course book is included with registration*

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