Scrape, Tape & Move: Foundation to Function

Certification Course
Using Impairment Based Interventions to Maximize Human Movement

Get Certified Today!
IASTM Level 1 Certification
Kinesiology/Biomechanical Taping Certification

Provo, Utah
February 16 - 17, 2019
Rocky Mountain University
Provo, UT

Register Now
Member $530
Non-Member $630
16 Contact Hours

For more complete course description and outline
www.RehabEducation.com

SCRAPE
Get IASTM level 1 Certified!
Differentiating a mobility restriction as joint mobility or tissue extensibility dysfunctions is important to successfully manage restricted movement. Identifying and treating tissue extensibility restrictions using Instrument Assisted Soft Tissue Mobilization (IASTM) amplifies tissue response and lessens dysfunction for optimal results. This course teaches you everything you need to know about proper IASTM Application and use.

TAPE
Get Kinesiology/Biomechanical Taping Certified!
Recent studies show that tape application is associated with favorable patient outcomes, including having an acute impact on pain reduction. As motion is restored, postural reinforcements using kineiology and biomechanical taping can help reduce pain and shift the emphasis of management to designing exercise progressions to restore and advance functional movement patterns. Learn the science behind kinesiology and biomechanical taping and proper application techniques.

MOVE
A simple approach built on evidence-based reasoning using neurodevelopmental theories of human movement will be used to formulate exercise progressions. Understanding the rationale for the use of the 4X4 approach to exercise planning and progression is the foundation for integrating the appropriate exercise techniques to restore human movement.

FOUNDATION TO FUNCTION
Take your SFMA skills to the next level with this course.
INCREASE YOUR KNOWLEDGE & UNDERSTANDING
This course provides a scientific and practical method that introduces an advanced integrated approach to restoring and maximizing the human movement system. Participation in this workshop will give the healthcare provider a better background and knowledge in not only analyzing the functional aspect of human movement, but also in identifying impairments to the human movement system and recognizing the pathomechanical impairments that will most benefit from rehabilitative strategies.

INSTRUCTIONAL METHODS
This course incorporates lecture, demonstration, hands-on application, question/answer and discussion.

LEARNING OBJECTIVES & OUTCOMES
• Describe and explain the importance of identifying dysfunctional movement patterns in patients/clients with functional limitations.
• Accurately describe and competently execute the seven basic evaluation components of the base SFMA examination on a patient model in less than 3 minutes.
• Coordinate the movement assessment (SFMA) information into an initial therapeutic exercise strategy to formulate, describe, and define the use of appropriate treatment interventions (manual therapy and functional exercise) to normalize dysfunctional movement.
• Explain how to differentiate between a joint mobility dysfunction versus a tissue extensibility dysfunction.
• Choose and defend the appropriate mobilization and IASTM treatment for a variety of pathologies including but not limited to neuromuscular restrictions, fascia restrictions, joint stiffness, scar adhesions, and pain limited movement loss.
• Describe and explain the scientific basis of kinesiology taping.
• Demonstrate, defend and effectively apply kinesiology taping techniques without assistance.
• Explain the rationale for the use of the neurodevelopmental 4 x 4 approach to exercise planning and progression.
• Describe and explain the basic science of elastic resistance.
• Choose and defend the appropriate elastic resistance techniques within the neurodevelopmental 4 x 4 approach when the evaluation indicates stability dysfunction
• Evaluate the intervention effectiveness through reassessment of the case dysfunction / impairment as seen on the movement (SFMA-base screen) re-evaluation.

COURSE AGENDA
Day 1
8:00 – 10:30 Overview of assessing the human movement system — a functional framework
10:30 – 12:30 Recover / Restore – Resetting Mobility Impairments (Lecture — hands on Lab)
12:30 – 1:30 LUNCH
1:30 – 3:30 Reinforcement Techniques — Biomechanical & Kinesiology Taping (Lecture Lab)
3:30 – 5:30 Reloading the software — Developing an integrated rehab program based upon the movement assessment (Lecture — demonstration / hands on Lab)

Day 2
8:00 – 12:00 Functional Treatment Progressions — managing the big picture.
• Cervical Dysfunctions
• Multi-Segmental Flexion Dysfunctions:
• Overhead Deep Squat
12:00 – 1:00 LUNCH
1:00 – 5:00 Functional Treatment Progressions — managing the big picture.
• Multi-Segmental Extension & Rotation Dysfunctions:
Question and Answers

For a complete listing of objectives and a more detailed agenda go to www.RehabEducation.com

EDUCATIONAL CREDIT FOR COURSES
Each participant will receive a course certificate for 16 contact hours upon completion of the seminar. Advances in Clinical Education is an approved continuing education provider by several agencies. This course will be pre-approved for PT continuing education credit within the state the seminar is taught when pre-approval is required.

CANCELLATION POLICY
Live event fees are non-refundable within 14 days of the live event. Live event fees may be applied to a future event within the following year. If cancelled with more than 14 days notice, live event fees less $50 will be refunded. In the unlikely event the seminar sponsor and/or host must cancel an event in its entirety registrants may choose to receive a refund of live event fees or credit towards a future event.

WARRANTY OF LIABILITY
All practical exercises and testing performed throughout this course are entirely optional.

ADA
Accommodations will be made in accordance with the law.

For more detailed information go to www.RehabEducation.com under general information