Why Take This Course?

What we have finally put together is not a new method of restoring movement, or treating patients clinically. What we have attempted to do is bridge the gap between what some really smart people have done before us in the world’s of anatomy, human development, assessing movement and what has historically been done clinically to treat patients. The result are some very defined and simple principles that allow many methods to be utilized. While our preference is for the use of the kettlebell and body weight, any tool can be -and when needed, should be- used. We could easily re-write this manual utilizing only suspension training devices, or only sandbags, or only medicine balls, or even just dumbbells. But, when the importance of the tool supersedes the principles being taught it turns into being about selling that product without really improving anything. Just look at the plethora of fitness and rehab tools that have flooded the market lately. Yet, the US is fatter and un-healthier than anytime in our history - so all these new tools must not be all they are billed as.

"What is old will be new again". Our approach goes back to the basics, while blending in all that has been learned in the past decades regarding injury healing, tissue physiology, and science. While our approach has not been proven by research, it has been proven by every single human that has successfully learned to walk - barring any developmental injury or condition. So bear with us, open up your mind, and remember what it was like when you were a child.....
Program Description/Objectives

This course focuses on the clinical rehabilitation interventions based on the neurodevelopmental sequence of human movement. Utilization of the functional movement screen and the selective functional movement assessment assists in the identification of targeted barriers prohibiting patients returning to their desired physical activity. The neurodevelopmental sequence provides an operating systems approach that builds upon each developmental milestone that has been previously embedded into the human body’s central nervous system. This course will provide the clinician the practical applications based on Functional Movement Systems approach to human movement. It will provide the bridge between evaluation and screening to interventions that normalize movement. Interventions will include a systems approach to restoring mobility, stability, and movement pattern retraining. The intent of this course is to provide significant interactive lecture and skill acquisition through laboratory educational settings.

Course Objectives

Attendees will be able to:

1. Apply principles that bridge the gap between Functional Movement Systems screening/assessment and clinical rehabilitation interventions.
2. Apply principles of the neurodevelopmental process to exercise selection.
3. Apply the Functional Movement Screen (FMS) and Selective Functional Movement Assessment (SFMA) to exercise selection.
4. Apply the principles of the neurodevelopmental progression to specific exercise interventions used to correct movement pattern impairments.

Course Outline

Day One

(8:00 – 12:00) Morning Session

I. Introduction
   A. Background
   B. Why the Neurodevelopmental Progression Matters
   C. Principles versus Methods

II. Functional Movement Screen / Selective Functional Movement Assessment
   A. Clinical Application

(12:00 - 1:00) Lunch

(1:00 - 5:00) Afternoon Session

III. Clinical Interventions for Movement Restoration
   A. Fundamental Movement Patterns
      1. Breathing
      2. Grip
      3. Supine drills
      4. Rolling I drills
      5. Prone drills
   B. Transitional Movement Patterns
      1. Rolling II drills
      2. Quadruped drills
      3. Crawling / climbing drills

(4:30 - 5:00) Day One Wrap Up / Food for Thought

Day Two

(8:00 – 1:00)

IV. 1/2 kneeling drills

(1:00 - 5:00) Afternoon Session

V. Functional Movement Patterns
   A. Symmetrical stance drills
      a) Hip hinge
      b) Squat
   B. Asymmetrical stance drills
      a) Lunge
   C. Single limb stance drills
      a) Lunge

(4:30 - 5:00) Day Two Wrap Up / Food for Thought

General Information

Audience: The Movement Restoration course is designed for the clinician with a background and understanding of the FMS screen and/or the SFMA. The course is designed for the health care professional that desires to incorporate all of the concepts and theories of Functional Movement Systems into the injury rehabilitation setting. The course is limited to licensed health care providers (PT, PTA, OT, ATC, MD, DC, DO) who have completed at least a FMS Level 1 course.

Registration Policy: You must be a licensed healthcare professional (PT, PTA, OT, ATC, MD, DC, DO) to register for and participate in this course. It is expected that each participant is familiar with and adhere to their professions scope of practice as allowed by state practice act and defined by their professions governing body.

Tuition: $650.00—the registration fee includes comprehensive course and reference manual of clinical interventions and 18kg kettlebell.

Educational Credit: Each participant will receive a certificate of attendance for 14 contact hours through Functional Movement Systems and is recognized by the NATA Board of Certification, Inc. to offer continuing education for certified athletic trainers.

Cancellation of Courses: Functional Movement Systems reserves the right to cancel courses with insufficient attendance two weeks prior to the start of the course. In the event of a cancellation of a course, Functional Movement Systems is not responsible for non-refundable airline tickets and other commitments. Tuition may be transferred to another course or a full refund can be made if cancellation does occur.

Faculty: Brandon Hetzler MS ATC RKC CK-FMS
Karen Rakowski AT PT
Jim Raynor MS ATC