

THE ATHLETE MOVEMENT SYSTEM

The Lower Quarter and Spine

[Click here to watch a video intro of the course](#)

RealRehab
SPORTS + PHYSICAL THERAPY

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:

Real Rehab Sports and Physical Therapy
9725 3rd Ave NE, Suite 100 Seattle, WA 98115

Date: Oct 5th and 6th 2019: 8am - 4pm

Cost: \$500

CEUS: 1.5 Credits

Level: Beginner to Advanced

Student-to-Faculty Ratio: 16:1

Instructional Methods: Lecture and Lab



Register By Emailing: Eric@realrehab.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

Biomechanics and advanced assessment

Day 1 Continued: Overview and foundational assessments

Speed of force generation

- Timing your manual muscle test with the speed of movement

Closed kinetic chain testing

- Testing muscles how they are used in function

Cross Body assessment

- Testing one side of the body to achieve a result on the opposite side

Mirroring movement

- Mimicking critical events in sport with your assessment techniques

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

The treatment pyramid introduction

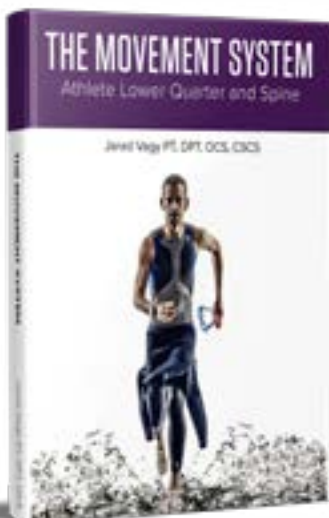
- Educate the client
- Unload the affected tissue
- Improve alignment and joint centration
- Restore mobility and relative motion
- Utilize newly acquired motion
- Increase selective motor function
- Use the entire kinetic chain
- Train function and skill

Research support

- Mobilization and Exercise
- Regional Interdependence
- Pelvic Rotational Stability

Treatment technique application

- Rigid Strap and Kinesiology tape
- Joint centration
- Post isometric relaxation
- Gravity induced inhibition
- Relative motion treatments
- Muscular facilitation
- Reflexive activation



Register soon. Space is limited.

“The Movement System” course book is included with registration

**Register by emailing:
Eric@realrehab.com**