

THE ATHLETE MOVEMENT SYSTEM: UPPER HALF

Greater Los Angeles District - APTA

Course Description

This course teaches you how to use the movement system to assess, diagnose and treat athlete movement dysfunction. The sports covered include tennis, swimming, baseball, volleyball, and rock climbing. Prior to the course, you will be provided with brief sport-specific lectures, knowledge checks, and movement videos. You are encouraged to complete the modules prior to the in-person course. The course is lab based and highly interactive with an emphasis placed on the practical application of key principles of the movement system.

Location

USC Division of Biokinesiology and Physical Therapy:
1540 Alcazar St. CHP – Room G-4
Los Angeles, CA 90033

Date and Time

April 24th from 8am - 5pm

Contact Hours

Asynchronous: 3 hours, Synchronous: 8 hours, **Total 11 hours**

Contact Hours

- \$395 General registration
- \$350 GLAD District members
- \$250 students

Instructional Methods

- **Asynchronous (online access):** Pre-Recorded Lectures, Knowledge Checks, Movement and Treatment Videos
- **Synchronous (live in-person):** Lab Skills and Techniques

Participant-to-Instructor Ratio: 16:1



Register: athletemovementsystem.com/glad/



Objectives

- Learn the biomechanics and sport-specific demands of athletes
- Understand the importance of regional interdependence and its functional relationship to pathobiomechanics.
- Demonstrate and select appropriate movement assessments and treatments for the upper half of an athlete
- Provide interventions based on faulty movement patterns and observed and relate to key impairments obtained from the objective exam
- Integrate research support into sport-specific assessments and treatments for the upper half of an athlete

Level: Beginner to Advanced



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To
Register

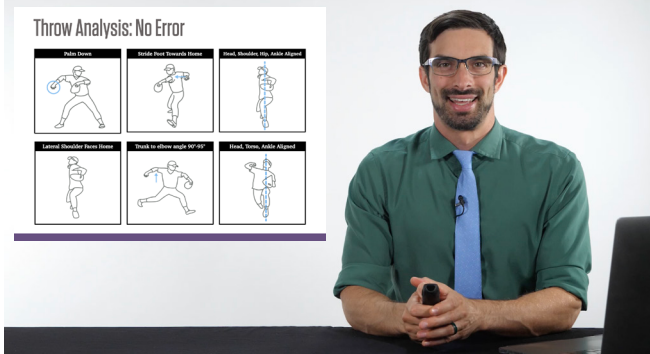


Dr. Jared Vagy PT, DPT, OCS, CSCS

Jared Vagy received his doctorate in physical therapy (DPT) from the University of Southern California (USC) and completed a one-year residency in orthopedics and a one-year fellowship in movement science. Dr. Vagy is a clinical associate professor of physical therapy at USC and is a mentor in both the orthopedic residency and upper extremity elite athlete fellowship programs. He is an Amazon #1 best-selling author and has published three books and numerous articles on injury prevention. Dr. Vagy delivers lectures and seminars worldwide on the topic of the movement system. He is an orthopedic clinical specialist and a certified strength and conditioning specialist. He has rehabilitated world champions, gold medalists and Olympic athletes. His assessments and treatments are rooted deeply in an understanding of the movement system.

Asynchronous Content (Online)

Pre-Recorded Lectures



- Professionally filmed high quality lectures
- Short segments for easy reference
- Based on the most current research

Knowledge Checks



- Test your comprehension of the material
- Stay engaged with the content
- Enhance your learning opportunities

Movement Videos



- Sport-specific movement assessment
- Movement analysis and review
- A comprehensive reference library

Treatment Videos

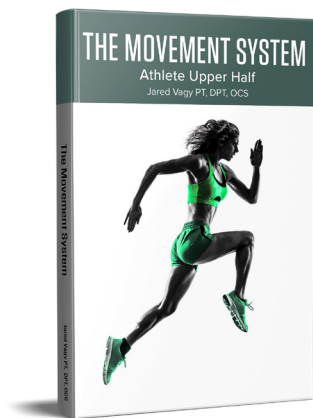


- Step-by-step demonstrations
- Detailed intervention descriptions
- Access from phone, tablet or computer

Synchronous Content (Lab)

Upper Half: Morning
Relative stiffness assessment
Tension and pressure based dynamometry
Tennis specific patient case application
Throwing specific patient case application
Volleyball specific patient case application
Swimming specific patient case application
Rock climbing specific patient case application

Upper Half: Afternoon
Vectors of assistance and resistance
Dual vector exercises
Gravity induced inhibition
Post isometric relaxation
Relative motion treatments
Muscular facilitation
Reflexive activation



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