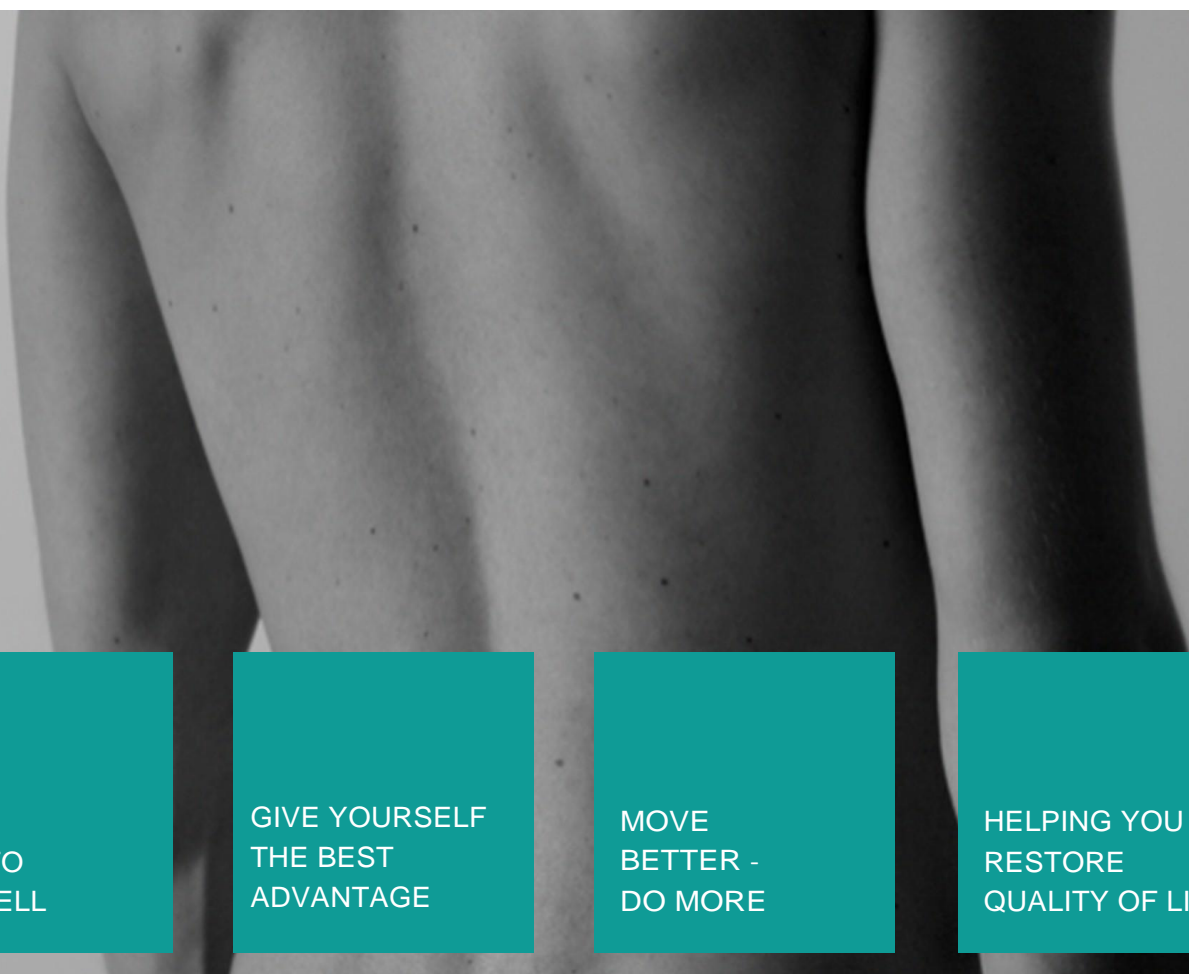

MOVEMENT MODULE: CO-ORDINATION EFFICIENCY

COORDINATION EFFICIENCY TO OPTIMISE
MOVEMENT RETRAINING FOR THE NECK AND
SHOULDER



MOVE
WELL TO
LIVE WELL

GIVE YOURSELF
THE BEST
ADVANTAGE

MOVE
BETTER -
DO MORE

HELPING YOU
RESTORE
QUALITY OF LIFE

KINETIC
CONTROL

MORE THAN 20 YEARS OF MOVEMENT HEALTH

COURSE INTRODUCTION:

In the presence of neck and shoulder pain, history of pain, fatigue, and recurrence of symptoms, changes in movement co-ordination patterns and efficiency of muscle synergies are observed. This course will give you the tools to address these changes. This course allows clinicians to deliver highly specific, individualised movement retraining to successfully manage each patient's pain, pathology, and compromised function of the neck and shoulder. It supports all clinicians' desired outcomes for their patients through the identification and management of the movement impairment associated to their current neck and shoulder issue.

This course presents a clinical applicable model, connecting pain, pathology, and compromised function to any individual patient's neck and shoulder impairment. It supplies the skillset and tools to highlight and address the mechanisms associated to the movement impairment influencing patients. This Kinetic Control course provides clinicians with a systemised framework to manage the complexities of pain and dysfunction of the neck and shoulder.

COURSE OUTLINE:

The main focus of this course is to supply clinicians with the skillset to successfully apply a systemised framework of highly targeted movement retraining to their neck and shoulder patients, changing pain, the impact of pathology, and dysfunction. It covers client specific assessment, revealing the primary movement impairments influencing their current pain or dysfunction. The course then identifies how this process supports clinicians' decision making and before further developing their movement retraining delivery.

The clinical value of the course is to allow the building blocks of movement patterns to be assessed and retrained so as to manage the complex and multi-factorial nature of neck and shoulder pain and dysfunction. If the patient's neck/shoulder pain or limitation is a 'downstream' process of the presence of movement impairments, this module supplies a route to address this source, limiting pain's presence, and likelihood of return.

KEY FEATURES:

- Develops skills to successfully apply clinical tools and a movement focused framework to change the mechanisms of movement impairment associated to the neck and shoulder
- Supplies a highly individualised movement retraining intervention allowing clinicians to be increasingly time efficient in addressing their patients' neck and shoulder and dysfunction
- Develops clinicians' abilities to change the building blocks of more complex movement patterns related to pain and dysfunction
- Supplies clinicians with the reasoning and skillset to manage the complexities of neck and shoulder pain and dysfunction in the long-term

LEARNING OUTCOMES:

At the end of this course the participant should be able to:

- Assess, analyse, and address client specific movement impairments
- Deliver targeted movement retraining to alter the key mechanisms associated to their patients' neck and shoulder pain or dysfunction
- Operate within a structured clinical reasoning framework to help patients achieve their outcomes
- Apply practical interventions derived from contemporary research underpinning the principles of movement evaluation and retraining decision making



PROGRAMME OUTLINE:

- Explores the value of targeted movement retraining in managing complex and multi- factorial issues around the neck and shoulder
- Identifies patients' specific movement impairments influence upon their function and symptoms at the neck and shoulder
- Presents the importance of identifying and retraining movement control impairments to improve patients' quality of life
- Explores the relationship between altered movement quality, pain, pathology, compromised function and the presence of restrictions
- Practical workshops to enhance movement assessment and retraining proficiency within clinical environments
- Practically applies principles of co-ordination efficiency and coordinative variability to target mechanisms associated with patients' movement impairments
- Presents the importance of identifying and retraining movement control impairments to improve patients' quality of life

DAY ONE:

9.00 – 9.30 Why movement matters

9.30 - 10.30 How impairments influence function and symptoms at the neck and shoulder

The relationship between restrictions and the control of movement

10.30 -10.50 Coffee

10.50 - 12.30 Principles of testing for movement control impairments and making a clinical diagnosis of loss of movement choices

The process of testing for movement control impairments

The clinical presentation of movement control impairments of the neck

12.30 - 13.30 Lunch

13.30 - 15.00 Testing for movement control impairments of the neck and establishing clinical subgrouping

15.00 - 15.20 Tea

15.20 – 17.00 Continue and targeted retraining

DAY TWO:

9.00 – 10.30 The clinical presentation of movement control impairments of the shoulder girdle Testing for movement control impairments of the shoulder girdle and establishing clinical subgrouping

10.30 - 10.50 Coffee

10.50– 12.30 Principles of retraining optimal movement control and re-establishing movement health

Cognitive motor control retraining solutions for movement control impairments for the neck and shoulder

12.30 - 13.30 Lunch

13.30 - 15.00 Practical continues

15.00 - 15.20 Tea

15.30 – 16.00 /17.00 Matching movement retraining solutions to the client's / patient's goals and priorities.

Where next? (Programme subject to change)

