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Fundamentals of Movement for the Orthopedic Patient
Legs, Knees & Feet: Reducing Pain & Improving Function

Course Description
Anatomy, artrokinematics and biomechanics are the bedrock sciences for those of us who work with orthopedic patients, but do they tell the whole story? There are plenty of mobilization, tissue release and exercise techniques to choose from, but a thorough understanding of human movement, how to facilitate its improvement and a usable terminology for describing it has eluded us. We hope to remedy this deficiency. Movement science and the arcane vocabulary of motor control theory can be a bit dry, but this approach is down-to-earth, easily applicable and clinician-friendly. So come look at movement through fresh eyes! Discover how poorly organized movement elsewhere contributes to localized musculoskeletal pain, how to facilitate better patient motor planning and how movement changes in response to traumatic injury. Gain a more dynamic perspective on how/why people move and be more creative in how you teach exercise, posture and ergonomics. Use what you know to improve mobility, alignment or strength of the individual parts, but expand your repertoire to integrate the various parts into well-coordinated and functionally relevant whole-body movement synergies. Return to your clinic with innovative new movement strategies to train your patients in recognition and control of the movement and postural strains that cause repetitive stress injuries or that delay recovery from traumatic injury. An emphasis on immediate clinical application to orthopedic knee, lower leg and foot dysfunction, this fun and interactive movement lab introduces ways of making the exercises we prescribe more informative, more functional and much more effective.

Course Objectives
By the completion of this course, the participant will be able to:

- Evaluate long-term habitual movement and postural mistakes and correlate to specific knee and lower leg repetitive stress injuries; patellar problems, planter fascitis, shin splints and various forms of tendinitis.
- Recognize and address common short-term movement and postural adaptations/compensations secondary to traumatic leg injuries; ankle and knee sprains, bone breaks, total knee and other surgeries.
- Prescribe and effectively teach appropriate Therapeutic Movement exercise sequences specific to this important area.
- Immediately utilize new teaching tools; reciprocating movements, use of constraints, the goldilocks principle and more.
- Contrast a Therapeutic Movement exercise model with isolated, global and core stability models.

About the Instructor, Gordon Browne PT, GCFP
- Gordon Browne is a Physical Therapist with 25+ years of clinical experience in outpatient orthopedics and manual therapy. With a lifelong passion for movement, he has modified and medically articulated the clinical use of various integrated movement systems; the Feldenkrais Method®, Yoga, Pilates and Tai Chi. Lecturer for 10+ years and author of two books; “A Manual Therapist’s Guide to Movement” (Elsevier 2006) and “Outsmarting Low Back Pain” (Movement Matters 2005).

Legs, Knees & Feet Course Outline
Lab sessions involve evaluation practice, manual and verbal facilitation techniques, modifications and discussion of clinical relevance.

Day 1
8:00-8:45—Introduce Concepts: Fluid Integration and Skills Acquisition
8:45-10:00—Lab I: Medial/Lateral Hip, Knee, Foot Relationships
- Balancing/Coordinating Foot and Hip Abduction/Adduction Synergies
- Rotational Knee/Foot Alignment and Stabilization.

10:10-12:30—Lab II: The Tripod Foot
- Balancing/Coordinating Peroneus Longus and Posterior Tibialis
- Hip Driven Knee Valgus/Foot Pronation Control.

1:30-3:30—Lab III: The Secondary Pelvic Force Couples
- Hip Adduct/or/Abductor Control and Balance: Weight Shift, Standing, Turning
- Simultaneous Hip Mobilization and Knee/Foot Stabilization.

3:40-5:30—Lab IV: The Push Off
- Facilitating Gluts/Hams as Primary Push Off Muscles. Reducing Quad Overuse
- Ankle/Toe Differentiations and Link to Hip Push Off Muscles

Day 2
8:00-10:00—Lab V: The Primary Pelvic Force Couples
- Coordinating and Balancing Opposite Side Hip Flexors/Extensors
- Stepping Up, Stepping Down

10:10-12:30—Lab VI: Primary Pelvic Force Couples Continued
- Relationships to Stepping, Walking, Running and Other Locomotor Functions

1:30-3:30—Lab VII: Detailing Stable Knee over Tripod Foot
- Weight Shift/Rotation Facilitation
- Ipsilateral and Contra-lateral Bending Facilitation

3:45-5:00—Lab VIII: Pivoting, Change of Direction, Regaining Explosiveness
- Drills, Progressions, Putting it All Together
- Review and Questions

Please select date & location:
4. Las Vegas, NV — November 7-8, 2013

Legs, Knees & Feet—Las Vegas, NV—May 18-19, 2013

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