

Outline

- VITAL DEFINITIONS:
ESSENTIAL ELEMENTS OF CORE
COMMUNICATION**
- Correctly defining the CORE is key to functional training
 - Rules of communication
 - How the technology explosion in healthcare impairs genuine communication
 - Why outcomes have not improved in an age of research data availability
 - The Definition Game: 10 ill-defined words we all rely on every day

- LAB: KINESIOLOGICAL SURFACE EMG TESTING**
- Volunteers selected, skin preparation, system test
 - Single arm raise task in standing
 - Video and sEMG recording of test activity
 - We take requests: "Any movement you're curious about? Let's test it!"

- MUSCLES 101**
- Learning how the CNS sees muscles
 - Reviewing sEMG data to observe "chains" vs. groups
 - Muscles, mood, and movement (Cuddy, et al.; i.e., current research review)
 - CNS perspective: opposing chains with broken links
 - Implications of CNS as CORE: motor learning in an always on, 24/7, learning, adapting system

Who Should Attend

- Massage Therapists (including Neuromuscular and Medical Massage Therapists)
- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Exercise Physiologists
- Athletic Trainers
- Certified Strength and Conditioning Specialists

What to Bring

- Yoga mat
- Participants should wear comfortable, loose fitting clothing or workout attire (yoga/stretch type). This is a class where we learn and experiment with movement and exercise. It is NOT strenuous!

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
Lunch 1 hour (on your own)
3:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

- INTRODUCING THE TWIST:
HOW THE HUMAN MOTOR SYSTEM TRAINS ITSELF**
- Lower quarter symptoms - most common underlying pathologies - the Core pattern as driver
 - Upper quarter symptoms - most common pathologies - the Core pattern as driver
 - Review of definitions from the Definition Game
 - How far off were we?
 - Recognizing the simple elegance of functional chains

- TRAINING FUNCTIONAL CHAINS:
EXERCISING OUT OF THE TWIST**
- Training vs. exercise: targeting the CNS with structured, resisted movement
 - Opposing teams or an orchestra at work?
 - Crosstraining out of the Twist
 - Any exercise NOT countering the Twist is NOT functional

- LAB: THE FUNCTIONAL CHAIN GAME**
- Workshop it!
 - Demo and practice: XC Skiing, backwards resisted walking, etc.
 - Best of the group brainstorming: FCT demo and SkiX activity
 - Signs of success: posture, balance, and youthful boldness

“David’s knowledge and expertise should be required coursework in all massage therapy and physical therapy schools.”
— Mark, PT



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**(Re)Defining
the Core**

**The Key to
Functional &
Corrective Exercise**

Buffalo, NY
July 10, 2019

Rochester, NY
July 11, 2019

East Syracuse, NY
July 12, 2019

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the Core**

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- Eliminate stubborn motor pattern-driven pathologies using only movement
- Unique functional assessment model using sEMG

Buffalo, NY
Wednesday
July 10, 2019

Rochester, NY
Thursday
July 11, 2019

East Syracuse, NY
Friday
July 12, 2019

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

(Re)Defining the Core: The Key to Functional & Corrective Exercise

Clinicians understand that lasting pain relief and truly improved fitness depend on core stability and peripheral mobility. But long-term results are elusive! It is generally agreed that to have peripheral mobility, you must have core stability. Functional exercise is any exercise which acknowledges this and engages the body for this express purpose.

Participants in this experiential and hands-on workshop observe (or act as test subjects!) as we use sEMG to explore the primary defensive bias governing the Central Nervous System, the body’s true Core. Once we have observed this bias, which we’ll call the “Twist,” we discuss how it leads to the most common functional problems. Rather than focusing on targeting areas for strength or stability, participants learn to correct movement dysfunction by directing appropriate exercise toward the CNS. These methods can be easily learned and applied by athletic trainers and related health and fitness professionals, massage therapists, physical and occupational therapists - anyone who uses exercise as part or all of their program. Participants will leave this seminar equipped with new knowledge and strategies to help move clients and patients through the vital steps toward lasting function: improved balance, coordination, and effortless posture.

Speaker

Five years after a severe back injury in 1980, **DAVID LEMKE, NMT, sEMG Tech** began his apprenticeship as a massage therapist in Canada. After 10 years of successfully treating thousands of pain sufferers, he had a breakthrough when information from a kinesiological surface electromyography (sEMG) evaluation led him to discover that single manipulation freed a borderline frozen shoulder and eliminated nearly all the pain – and the results lasted. Mr. Lemke eventually developed a unique model of functional assessment using sEMG.

Since the 1990s, his treatment has been relied on by top performing athletes, dancers and martial artists, those recovering from orthopedic surgeries, and generally stressed individuals. As a passionate interest, Mr. Lemke has enjoyed working with select special education teachers treating motor coordination problems in children diagnosed with learning disabilities. He is a Certified Dartfish Video Coach and uses slow motion video analysis of biomechanics in athletics and rehabilitation. He has used kinesiological sEMG (computer aided muscle analysis) in testing of exercise equipment, devices, and new treatment procedures as well as trained hundreds of specialized massage therapists for physical therapy and complementary healthcare clinics. Mr. Lemke was the primary consultant to Champions Sports Medicine (Dr. P.Z. Pearce, Ironman Medical Director, Spokane, WA) in the creation of their Biomechanics lab.

Learn more at davelemke.us

Disclosure: David Lemke receives commissions from Bioperformance Texas LLC and Flexsolate for demonstration and sales of the Functional Chain Trainer, as well as consulting. He receives a speaking honorarium for PESI, Inc. Non-financial: David Lemke has no relevant non-financial relationships to disclose.

David Lemke is a veritable genius. His knowledge and expertise should be required coursework in all massage therapy and physical therapy schools.

– Art, MT

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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Nancy, PT



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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

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OTHER PROFESSIONS: This activity qualifies for 360 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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(RE)DEFINING THE CORE: THE KEY TO FUNCTIONAL & CORRECTIVE EXERCISE
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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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