

DAY ONE OUTLINE

Screening with the 3 Pillars of Human Movement

Neurological – Tissue - Motor

The Brain is the Boss

Strategies for evaluating neurological and psychological state
Threat assessment for movement
Cortical/spatial awareness for movement target
Human GPS system, a guide for navigation
Two-point discrimination test for testing tactile acuity

Is the Tissue the Issue?

Why, how and when to screen for fascial mobility
Evaluate pliability and flexibility of tissue within fascial chains
Identify planar movement dysfunction

Joint by Joint Concepts

Fundamental movements and how to appropriately screen
Improve mobility and stability limitations
Create a safe, effective and efficient screening for fundamental movement patterns

Tools that Enhance Your Movement Assessment

Effectively Apply Screens to the Cornerstones of Movement

Each of these cornerstones will have a deep dive into application of the pillars of movement during hands on labs

Foot/Ankle Complex
Lumbo/Pelvic/Hip Complex
Scapulo/Humeral/Thoracic Complex

Triaging Primary Impairment for Each Region

Is it mobility, stability or motor control?
Demonstrate and practice subjective and objective analysis techniques
Incorporate digital motion analysis for improved objectivity in examination

Movement Corrections and Interventions to Improve Function

Each of the cornerstones of movement will be addressed during hands on labs

Neurological

Threat reduction correctives
Improve cortical mapping of the body
Master rotation with exercise progression
Integrate sensori-motor tools

Tissue

Analyze fascial capacity by plane
Upper and lower progressions/regressions for anti-rotation control

Motor

Motor control tactics to aid in disassociation of body segments
Tactical approach to mobility
Movement break ups and build ups
Isotonic, eccentric and isometric use of therapeutic bands to enhance stability
Myofascial vibration and percussion

OBJECTIVES

1. Identify the role of neuromuscular movement assessment in conscious movement.
2. Assess conscious (cortical) and unconscious (cerebellar) proprioception testing for the patient/client as it relates to human movement.
3. Compare and contrast the difference between mobility restrictions - neural vs. somatic restrictions (brain vs. tissue) in conscious movement.
4. Integrate the "3 Movement Pillars" and how they relate to conscious human movement control and performance (brain (neurological/psychological), tissue, mechanical)
5. Evaluate movement assessment techniques to identify faulty motor patterns in fundamental movements (e.g. squatting).
6. Critique and demonstrate proper use of compression floss bands, foam rollers and mobility balls for limitations in conscious movement.
7. Develop and appraise conscious movement with the use of exercise bands, agility and conditioning equipment as well as body weight correctives with appropriate progressions and regressions.
8. Integrate the use of digital motion analysis to objectively capture conscious human movement.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

DAY TWO OUTLINE

Advanced Movement Assessment and Correction

Emphasis on automatic movement patterns:
breathing and gait
Understand the role of unconscious awareness
Subjective analysis tactics
Demonstrate and practice objective evaluation of gait using digital motion analysis technology
Address concepts of association/dissociation

Evaluate the Cornerstones of Movement During Automatic Movement Patterns

Foot/Ankle Complex
Lumbo/Pelvic/Hip Complex
Scapulo/Humeral/Thoracic Complex

Workshop Screening Methods

Brain Screen

Identify unconscious coordination of the body
Improve balance and coordination tasks via:
Modified Rhomberg for full body coordination evaluation
Hand tapping test for upper body
Rolling patterns for neuro-motor assessment

Tissue Screen

Physiology and the relationship to breathing and gait
Plane by plane evaluation
Pinpoint fault fascial control via screening process
Connective tissue corrections
Improve tissue tolerance with elastic bands and body weight exercises

Motor Screen

Identify normal behavior at each center of movement
Blocked vs Slinky performance
Use of global movement correctives
Pallof and Brugger systems

Corrective Techniques for Automatic Movement Patterns

Brain

Threat reduction correctives
Incorporating sensori-motor tools
Strategies for increasing unconscious awareness

Tissue

Increase fascial stability within each plane

Motor

Disassociation approaches with tools
Stability tactics
Global movement correctives

OBJECTIVES

1. Examine the role of neuromuscular movement assessment in automatic movement pattern.
2. Assess automatic/unconscious awareness of human movement (breathing and gait) by screening the balance and coordination systems.
3. Compare and contrast the difference between mobility restrictions - neural vs. somatic restrictions (brain vs. tissue) during automatic movement patterns.
4. Integrate the "3 Movement Pillars" and how they relate to automatic human movement and performance (brain (neurological/psychological), tissue, mechanical)
5. Demonstrate movement assessments that identify the ability to associate and dissociate segments of the body as they relate to gait/breathing movement patterns.
6. Apply, practice and employ corrective strategies that involve the ability to associate (integrate) and dissociate (mobilize) different segments of the body.
7. Critique and demonstrate proper use of compression floss bands, foam rollers and mobility balls for limitations in automatic movement pattern.
8. Develop and appraise automatic movement with the use of exercise bands, agility and conditioning equipment as well as body weight correctives with appropriate progressions and regressions.
9. Introduce and integrate the use of digital motion analysis to objectively capture automatic human movement.



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2-DAY

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2-DAY

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2-Day Movement Specialist Certification

To improve your care of patients with movement dysfunction patterns, you need better screening tools so you can treat faster and more effectively. In this course, you'll streamline your approach by learning a simple yet powerful 3 "Movement Pillar" screening system. Using this method, you'll be able to determine if the dysfunction is primarily a mobility, stability, or neurological deficit – which means you'll improve your treatment of movement dysfunctional patterns and enhance performance.

This multi-faceted toolbox will be used to tackle an evidence-informed, brain-based, joint-by-joint approach to movement and functional rehabilitation/performance. Throughout the hands-on course, you will utilize a variety of tools in the examination and correction of movement patterns including:

- Digital motion analysis technology
- Manipulation tools: IASTM, myofascial cups, kinesiology tape
- Tools for clinic or home exercise programs: mobility balls, exercise bands, foam rollers

The primary goal of this certification course is to help health and fitness professionals learn safe, simple, and effective tactics to properly screen movement and improve client outcomes. With the many factors that contribute to human movement, you know that there is no "one size fits all" approach to exercise prescription. Join us to learn this all-encompassing approach to breaking down the movement patterns and improve your client outcomes immediately.

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GRID Foam Roller
MBS Massage Ball
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SKLZ
SKLZ mini bands

Speaker

MEGHAN HELWIG PT, DPT, is an experienced outpatient orthopedic clinician based out of Carlsbad, CA, where she owns and manages Primal Strength Physical Therapy. Since graduating with her Doctorate of physical therapy from Rutgers University in 2009, she has earned numerous certifications as a trained provider of full body Active Release Technique (ART), Selective Functional Movement Assessment (SFMA), and Neurokinetic Therapy (NKT3). In addition, she is a trained practitioner in IASTM, kinesiology taping, and performance movement techniques through RockTape, for whom she conducts national trainings.

Speaker Disclosure:

Financial: Meghan Helwig maintains a private practice. She receives a speaking honorarium from RockTape. Dr. Helwig receives a speaking honorarium from PESI, Inc.

Non-financial: Meghan Helwig has no relevant non-financial relationships to disclose.

Live Seminar Schedule:

(for both days)

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.

What to Wear

Please wear lab-appropriate clothing that allows access to skin/muscles. Loose shorts and tank tops are recommended.

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Chiropractors
- Exercise Physiologists
- Personal Trainers

Questions?

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Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

RockTape certification workshops are taught by industry-leading experts in movement assessment and therapy. These hand-on courses present a revolutionary way of thinking about how we move and how we injure. They integrate innovative mobility and stability strategies, along with movement-based, practical treatment frameworks - to deliver **RESULTS**.

Learn about these certifications and more at www.pesirehab.com:

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- Geriatric Kinesiology Taping Certification
- IASTM Practitioner Certification
- Advanced IASTM Practitioner Certification
- Myofascial Cupping Practitioner Certification
- Compression Band Flossing Practitioner Certification

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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ATHLETIC TRAINERS: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 12.0 hours of Category A continuing education.

EXERCISE PHYSIOLOGISTS: ASEP members will earn 10 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

PERSONAL TRAINERS: This course has been approved by the National Academy of Sports Medicine (NASM-BOC) for 1.2 CEUs. PESI, Inc. Provider Number is 544.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 12.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary by state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

ILLINOIS PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 12.0 CE Credit Hours.

OTHER PROFESSIONS: This activity qualifies for 720 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.



How to Register:

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.

- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/ students or call 800-844-8260 for details.

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If you contact us before the event date, you can exchange for a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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The nation's top speakers and authors contact us first. If you are interested in becoming a speaker, or have a new topic idea, please contact Celestee Roufs at croufs@pesi.com or 715-855-5229.

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