

## SPEAKERS



### Tony Mikla, DPT, CSCS, XPS

Tony is a sports physical therapist and performance coach. Dr. Mikla speaks and teaches nationally on sports physical therapy and is active in research having published multiple papers in international journals. He previously served as the physical therapy manager at the world renowned EXOS in Phoenix, AZ, working with best athletes in the world. He is the medical director for Sacramento Sports Commission and adjunct faculty in PT at Sacramento State University and Northern AZ University. In 2015, Tony was named a finalist for the NSCA Sports Medicine Specialist of the year. Tony speaks nationally on movement principles. He is both published in peer reviewed articles (*Journal of Sport Physical Therapy, Journal of Sports Medicine*) as well as nationally recognized magazine publications (*Sports Illustrated* and *Shape Magazine*). He has worked tirelessly in implementing movement retraining principles at the highest level of competition, including the Olympics in Beijing, London, and Rio. He blends the worlds of performance and physical therapy to help unite the greater purpose of Sports Medicine at the youth, collegiate, and pro level.

Speaker Disclosures:  
Financial: Tony Mikla is CEO of Kime Human Performance Institute. He receives a speaking honorarium from RockTape. Dr. Mikla receives a speaking honorarium from PESI, Inc.  
Non-financial: Tony Mikla is a member of the National Strength and Conditioning Association; and the NSCA Southwest Region Advisory Board.



### Russell Dunning, MPT, MS, SFGII

Russ is a sports physical therapist and strength coach. He comes from a martial art and strength athlete background. After his academic years, which includes a Masters of Science in Biomedical Engineering and Physical Therapy, he pursued becoming a StrongFirst Kettlebell Instructor to compliment his sport medicine physical therapy focus. Russ is the sports medicine coach for UFC Hall of Famer, Urijah Faber and Team Alpha Male. Russ is a StrongFirst Level 2 Kettlebell Instructor, representing an international community dedicated to higher learning in the art of strength, conditioning, performance, and healthy movement training. He started his research focus in the academic community at UC Davis Human Performance Lab. From there, he teamed with Tony in multiple research publications aimed at sport medicine in the peer reviewed journals. Russ has been published in international magazine publications (*UFC Magazine, Train Hard Fight Easy, Fighter's Only*).

Speaker Disclosures:  
Financial: Russell Dunning is the co-founder of the Kime Human Performance Institute. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Russell Dunning has no relevant non-financial relationships to disclose.



### Aaron Crouch, DPT, CSCS, SFGI

Aaron Crouch is a physical therapist and certified strength and conditioning specialist. As a former NCAA Division I baseball player and high school baseball coach he understands the value in achieving and maintaining an active lifestyle for his clients. In addition to receiving his Doctorate of Physical Therapy degree from Sacramento State, he has expanded experience in Selective Functional Movement Assessment Level 1 course, American Sports Medicine Institute (ASMI) Injuries in Baseball course, and the 1st Annual SF Giants Sports Medicine Conference. Aaron completed a clinical rotation with the SF Giants baseball minor league complex in Scottsdale, AZ which influences his treatment approach with athletes.

Speaker Disclosures:  
Financial: Aaron Crouch has an employment relationship with Kime Human Performance Institute. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Aaron Crouch is a member of the National Strength and Conditioning Association. He is a member and contributor to Strong First Forum.



### Evan Hauger, DPT, CSCS, SFGI

Evan is a Doctor of physical therapy and certified strength and conditioning specialist. Growing up, Evan was a multi-sport athlete, and went on to play baseball at Shasta College. Evan also has experience coaching youth baseball players. Through multiple personal injuries related to his athletic career, Evan realized that he has a passion for improving the way people move and enhancing their performance in sport and life. Evan previously did a three month internship in Boston, MA to learn from some of the top minds in performance physical therapy. He also completed the Selective Functional Movement Assessment level 1 certification course to improve how he evaluates his client's movement.

Speaker Disclosures:  
Financial: Dr. Evan C. Hauger has an employment relationship with Kime Human Performance Institute. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Dr. Evan C. Hauger has no relevant non-financial relationships to disclose.

## OBJECTIVES

1. Identify the biomechanics, joint contributions, myofascial layerings that influence lower quarter performance and health.
2. Apply baseline assessment for necessary movement quality prior to implementing high level lower quarter fitness.
3. Implement appropriate mobility interventions for specific limitations for lower quarter.
4. Utilize appropriate speed, change of direction, and impact progressions for knee performance and health.
5. Analyze how the ankle and hip affect the knee from a joint by joint approach.
6. Identify the biomechanics, joint contributions, myofascial layering's that influence upper quarter performance and health.
7. Apply baseline assessment for necessary movement quality prior to implementing high level upper quarter fitness.
8. Implement appropriate exercise progression for the upper quarter along the rehabilitation and performance continuum.
9. Critique the role of regional interdependence as it pertains to the spine.
10. Apply assessment for necessary movement quality prior to implementing high level spine fitness.
11. Assess developmental drills for trunk integrity.
12. Create progressions toward basic movement patterns of the hip hinge and load/support/carry.
13. Assess developmental drills for the upper and lower quarters.
14. Identify situations where the use of a kettlebell will facilitate improved motor control and strength.
15. Utilize the Hardstyle Kettlebell Basic Patterns including: the arm-bar, the halo, the overhead carry, the single-arm KB press, the get up.
16. Identify appropriate exercise and mobility implementation via case study exercise.

*"The movement integration was exceptional and applied across the spectrum of orthopedics, neurologic and developmental aspects of care. These teachings have now been incorporated into our rehabilitation department."*

—Paul K, Physical Therapist

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# BULLETPROOF SUMMIT

## A Movement Experience

### Learn with the experts:

Tony Mikla, DPT, CSCS, XPS  
Russell Dunning, MPT, MS, SFGII  
Aaron Crouch, DPT, CSCS, SFGI  
Evan Hauger, DPT, CSCS, SFGI

- Optimize dynamic movement for clients of all ages and abilities
- Implement movement pattern assessments and interventions
- Exercise progressions applied across the continuum of movement

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# BULLETPROOF SUMMIT OUTLINE

Evaluate the biomechanics, joint contributions, myofascial layers that influence health and performance

## Spine

- Investigate regional interdependence
- Trunk integrity from the ground up
- Progressions for hip hinge and load/support/carry
- Improve motor control and strength
- Implement appropriate exercise progressions along the rehabilitation to performance continuum

## Knee

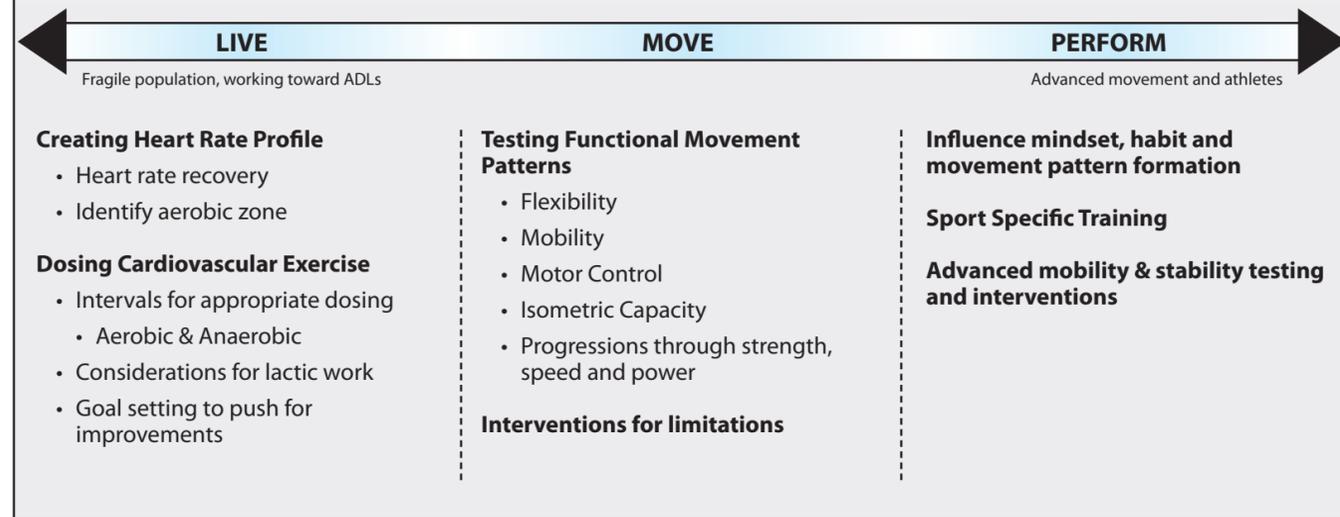
- Influences of the hip and ankle on knee performance
- Mobility and motor control interventions
- Implement appropriate exercise progressions along the rehabilitation to performance continuum
- Change of direction
- Impact progressions

## Shoulder

- Vertical and horizontal push/pull patterns
- Implement appropriate exercise progressions along the rehabilitation to performance continuum
- Improve motor control and strength
- Developmental drills for the upper quarter

## Human Movement Performance Continuum

Joint by Joint Exercise Progressions for the Spine, Knee and Shoulder



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### Live Seminar & Webcast Schedule

- 7:30** Registration/Morning Coffee
- 8:00** Program begins
- Lunch Break:** 1 hour *(on your own)*
- 5:00** 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.

## HANDS ON LABS!

### Assessments

- Motion and foundational strength
- Pattern Development
- Open and closed chain strength
- Mobility and stability

### Power + Speed

- Strength drill progressions
- Speed + power progressions
- Open and closed chain power development

### Stamina

- Strategies for slow twitch development
- Manipulation of time

## CASE STUDIES

- Simulate creation of treatment plans using course content
- Incorporate understanding of joint by joint approach
- Apply assessments and interventions based on human movement performance continuum

## WHAT TO WEAR

Please wear comfortable and loose clothing for labs.

Shorts and tank tops are recommended.

## WHO SHOULD ATTEND

Physical Therapists/PTAs  
Occupational Therapists/OTAs  
Athletic Trainers  
Strength and Conditioning Coaches  
Personal Trainers



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