

DESCRIPTION / OBJECTIVES

This course is designed for the healthcare professional that routinely treats patients with musculoskeletal conditions across the lifespan. Maintaining or restoring precise movement of specific segments is the key to preventing or correcting musculoskeletal dysfunction. Normal movement is achieved through an adequate balance of mobility and stability to meet the demands of the task at hand. The human system migrates toward predictable patterns of movement in response to injury or in the presence of weakness, tightness, or structural abnormality. An isolated or regional approach to evaluation and treatment will not restore complete function. Functional restoration requires a map of dysfunctional patterns and a working knowledge of functional patterns in order to gain clinical perspective and design effective interventions. This approach is based on the premise that pain and dysfunction occur as a result of impaired patterns of movement. Specific musculoskeletal dysfunction is considered the consequence rather than the cause of faulty movement patterns. Emphasis is placed upon identifying the root cause of the dysfunction rather than source of the symptoms.

The goal of this course to present a standardized system used to identify impaired patterns of functional movement. The examination consists of observing functional movement patterns and testing muscle length and strength in relationship to those movement patterns. The examination process then drives therapeutic intervention selection.

The Selective Functional Movement Assessment (SFMA) will be introduced and participants will learn to utilize key functional movement patterns and describe the critical points during the algorithmic assessment that are used to identify dysfunctional movement. Traditional muscle length, strength, and special tests will be used to help the clinician identify the impairments which are associated with dysfunctional movement. This approach is designed to complement the clinician's existing exam procedures and incorporate fun, fast, and functional exercise interventions into contemporary rehabilitation programs. The SFMA algorithms should also serve as a feedback system for the effectiveness of the therapeutic exercise program.

This course combines lecture, demonstration, and extensive lab experience to introduce and demonstrate a model of movement assessment and subsequent therapeutic exercise choices that target dysfunctional movement patterns. All of the information provided is practical, useful, logical, and can be incorporated into clinical practice immediately.

COURSE OBJECTIVES:

- Following the completion of this course, the participant should be able to:
1. Acknowledge the importance of identifying dysfunctional movement patterns.
 2. Describe the difference between impairment, dysfunction, and disability.
 3. Describe why it is important to assess movement patterns in both the loaded and unloaded positions and how this information can be used to guide intervention.
 4. Understand the role of pain provocation during the examination process and appreciate that pain alters motor control.
 5. Competently perform the base screen and all portions of the breakouts derived from the base tests.
 6. Use the information gained from the SFMA to select key impairments to assess and design appropriate interventions to normalize dysfunctional movement.
 7. Link the assessment information to the initial therapeutic exercise strategy and initiate treatment. Integrate the appropriate interventions (manual therapy and functional exercise) into the traditional rehabilitation program to normalize dysfunctional movement.
 8. Monitor initial changes in dysfunction and impairment to guide the therapeutic exercise progression.



COURSE OUTLINE

DAY ONE

8:00 - 12:00 - Morning Session

PRINCIPLES AND CONCEPTS OF DYSFUNCTIONAL MOVEMENT IMPAIRMENTS

SFMA INTRODUCTION: The Base Screen
Integrating movement theory with practice (lecture-lab)

REACTIVE NEUROMUSCULAR TRAINING

Single Leg Stance (lecture-lab)

12:00 - 1:00 LUNCH

1:00 - 5:00 - Afternoon Session

REVIEW - SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

ISOLATING DYSFUNCTION WITH THE SFMA BREAK-OUT TESTS

- Multi-Segmental Flexion Assessment Breakout with Correction (lecture-lab)
- Multi-Segmental Extension Assessment Breakout with Correction (lecture-lab)
- Spine Extension
- Upper Body Extension
- Lower Body Extension



DAY TWO

8:00 - 12:00 - Morning Session

ISOLATING DYSFUNCTION WITH THE SFMA BREAK-OUT TESTS

- Overhead Deep Squatting Pattern with Correction (lecture-lab)
- Multi-Segmental Rotation Assessment Breakout with Correction (lecture-lab)

- Spine Rotation
- Spine Rolling
- Hip Rotation
- Tibia Rotation

12:00 - 1:00 LUNCH

1:00 - 5:00 - Afternoon Session

- Multi-Segmental Rotation Assessment Breakout with Correction continued

EXERCISE PROGRAM - Progression Design: (Lecture/Lab)

- Developing a rehab program based on the SFMA
 - linking the results to exercise.
- Corrective exercise selection based on the SFMA results
- Case Studies

Question and answer wrap up



Screening fundamental movements with the SFMA will demonstrate significant limitations and asymmetries that will help to narrow the focus on problem areas within the human body. This will also open the door to more involved assessment and evaluation practices that can produce effective exercise techniques that refine the mobility and stability, as well as rehabilitation strategies that will reduce asymmetries and limitation.

"It is well to remember that the object of the physical examination is to find the movement that elicits the pain of which the patient complains, rather than some other nebulous symptom of which he was previously unaware. Only by sticking to a standard sequence will the physician be sure of leaving nothing out and only by leaving nothing out are true findings feasible. The physician arrives at a diagnosis not from the evidence furnished by one painful movement but by careful determination of a consistent pattern"

Dr. James Cyriax

What Top Professionals Say

The program that the Institute has developed is based upon sound clinical research. It includes evidence based information that is also logical, efficient, and practical for the day to day use in the clinic.

Skip Hunter PT, ATC
Clemson Sportsmedicine

When it comes to identifying the root cause of any movement dysfunction or painful pattern, there is no better way than using the Systematic Functional Movement Assessment (SFMA). It is the most thorough but simple method to help you pinpoint your clients primary dysfunctions. We have been using the SFMA at Titleist with all our players for the past year and the results are unbelievable.

Dr. Greg Rose
Co-Founder of the Titleist Performance Institute

The SFMA will shake the foundation of your current knowledge but in doing so will give you a much stronger base and understanding of how functional exercise, neuroscience and movement patterns are used to advance your knowledge.

Gray Cook PT, MSPT, OCS, CSCS

It has been said that the eye can only see what the brain knows. The brain recognizes movement patterns and not simply muscle groups. Many professionals are stuck in isolation training or muscle group training. Understanding movement patterns is a little more in depth and complicated than simply understanding muscle groups. You need to understand the most basic patterns of human movement and how they build upon each other in a neurodevelopmental sequence. Participants in this course will return to the clinic and observe patients with movement impairments with their brains jammed full of new information that can be quickly incorporated into their practice.

Tab Blackburn PT, MEd, ATC
Clinic Director SportsPlus Physical Therapy



REGISTRATION FORM

Name _____
PRINT CLEARLY

Profession _____

Employer _____

Address _____

City _____ State _____ Zip _____

Mailing Address _____

City _____ State _____ Zip _____

Telephone _____

Fax _____

E-Mail _____

Course Title _____

Location _____

Have you taken a course from us in the past? yes no

CANCELLATION POLICY

Registration fee less a \$50.00 administration fee can be transferred or refunded with 2 weeks written notice; notice received after that time is subject to only a 50% transfer or refund less the deposit. If cancellation is received less than 72 hours before the start of the course, no monies will be refunded, but may be transferred to another course of the students choosing. No refunds will be issued after course begins.

METHOD OF PAYMENT

Check Or Money Order Enclosed

Charge My Credit Card VISA MASTERCARD

Card Number _____ Exp. _____

Amount to Charge: \$485.00 Tuition Fee

Signature _____

Make Checks Payable To:
ADVANCES IN CLINICAL EDUCATION
 17675 SW Farmington Rd. #182
 Aloha, OR 97007
 TEL 1-503-642-4432 FAX 1-503-848-6384
www.rehabeducation.com

PARTICIPANT COMMENTS

- "One of the most heart of the matter courses I've attended"
- "The course manual is the most comprehensive and thorough manual I have ever seen"
- "This has been the best money I have ever spent. I have been to a lot of seminars but this one is way above the rest"
- "Great speakers, very easy to approach and ask questions"
- "I thoroughly enjoyed this course. It was easily the best educational course I have ever attended - very worth while and I would definitely recommend it to others"

Selective Functional Movement Assessment:

An Algorithmic Approach to Diagnosis & Treatment



An Evidenced Based Clinical Model To Address Movement Dysfunction



Functional Assessment & Treatment: challenging conventional wisdom



North American Sports Medicine Institute

Advances in Clinical Education



ADVANCES IN CLINICAL EDUCATION
17675 SW Farmington Rd #182
Aloha, OR 97007

FACULTY

The North American Sports Medicine Institute is proud to provide a faculty that is unparalleled in qualifications. With over 155 years of clinical, teaching, and research experience between them, this knowledgeable cadre of instructors will provide the latest information in functional foundations and progressions for the most common orthopedic and sports pathologies. Between the members of this prestigious clinically based faculty, they have published over 100 articles and literally lectured all over the world as invited or keynote speakers on various basic science and clinically oriented topics that will be presented in this course. Professionally this faculty have held multiple APTA component offices, participate on the editorial boards of over 10 different journals, and manage physical therapy businesses, or assist in managing university faculty practices. The faculty has memberships in supporting organizations such as: NATA, AOSM, ACSM, NSCA, FIMS, ISAKOS, and International cartilage repair society. This allows access to the latest information related to the holistic treatment of our patients. This combination of experience brings real world practical solutions to your orthopaedic and sports practices and the variety of patients that you treat.

Brandon Gilliam PT, ATC, CGFI-3

Director of Physical Therapy
Performance golf Institute
Clinic Director: Elite Physical Therapy Nashville, TN

Lance Gill MS, ATC, CGFI-3

Director of Sportsmedicine
Senior Instructor
Titleist Performance Institute, Oceanside, CA

Barb Hoogenboom PT, EdD, SCS, ATC

Associate Professor
Grand Valley State University - School of PT, Grand Rapids, MI

Robyn Smith PT MS, SCS, CGFI-2

Director of Sports Physical Therapy Services
Center for Physical Rehabilitation, Grand Rapids, MI

Michael Voight PT, DHS, SCS, OCS, ATC, CSCS

Professor
Belmont University School of Physical Therapy, Nashville, TN



Perform Better is a proud sponsor of North American Sports Medicine Institute. Perform Better offers the very best equipment as well as the finest educational materials in the realm of fitness training and rehabilitation. The Perform

Better staff is well trained and ready to answer any question you may have about product selection and application or Functional Training in general. Whether it's motor control, balance and stabilization or strength and power you're trying to improve, you can trust their staff to answer your questions and suggest the right products to meet your needs.

www.performbetter.com Visit their new easy-to-navigate website, you can do everything from purchasing products to reading training articles. View training exercises to learn new drills or join the discussion board to have all your functional training and rehabilitation questions answered. Perform Better is the premier "one-stop shop" for all your fitness facility needs.

A knowledgeable staff, great products and service, an expert group of advisors. That's what makes them Perform Better.

GENERAL INFORMATION

Welcome to North American Sports Medicine Institute (NASMI) and Advances in Clinical Education!

We have been providing quality post-professional education courses since 1990. Dedicated to lifelong learning, our diverse faculty is nationally recognized and each holds advanced degrees and clinical specialization in their respective areas of expertise. This provides us the unique ability to offer a continuum of courses modeled to meet the needs of practicing clinicians in a changing health care environment. In 1994 through an articulating agreement with the University of St. Augustine, we established a collaborative certification in Sports Physical Therapy (STC).

We continue to develop and enhance our courses, because it is our belief that the pursuit of professional excellence encompasses a lifetime of continued learning integrated into clinical practice.

AUDIENCE

Physical Therapists, Physical Therapist Assistants, Certified Athletic Trainers, Occupational Therapists, COTA's and other health care professionals involved in the management of knee and shoulder pathology. In addition, individuals working prevention and maintenance of a health lifestyle will find this course invaluable.

TUITION

\$485.00 - The registration fee includes a comprehensive course and reference manual that includes SFMA assessment and treatment algorithms.

EDUCATIONAL CREDIT FOR COURSES

Each participant will receive a certificate of attendance for 17 contact hours. When offered in states that require continuing education, an application for prior status will be sent to that state's licensing board.



Advances in Clinical Education is recognized by the NATA Board of Certification, Inc. to offer continuing education for certified athletic trainers.

CANCELLATION OF COURSES

The Institute reserves the right to cancel courses with insufficient attendance two weeks prior to the start of the course. In the event of a cancellation of a course, the Institute is not responsible for nonrefundable airline tickets and other commitments. Tuition may be transferred to another course or a full refund can be made if a cancellation does occur.

INSTRUCTIONAL LEVEL

Various (0): This category indicates that a single level cannot be determined. It is assumed that the participant has a general familiarity with the topic areas in order to focus on increased understanding and application.

Check our web site for additional courses, dates and locations
Advances in Clinical Education • www.rehabeducation.com
Tel: 1-503-642-4432 Fax: 1-503-848-6384

