

FUNCTIONAL FOOT / ANKLE

Course Overview:

This is an innovative, one-day seminar providing participants with essential principles, strategies and techniques of Applied Functional Science. The seminar encourages direct participation and interaction between the instructor and participants to enhance the ability to assess and address client/patient function. During the course the participants will learn a principle-based approach to creating strategies for assessment/testing, prevention, training and rehabilitation to facilitate improved functional thresholds. The class is designed for all health professionals and applies to all client/patient populations.

Course Objectives:

The Foot and Ankle is a very complex, anatomical structure consisting of 26 irregularly shaped bones, 30 joints, over 100 ligaments, and 23 muscles acting directly on the Foot/Ankle. In addition, the rest of the body and its parts must work harmoniously to achieve efficient movement of the Foot/Ankle complex. The Foot/Ankle's ability to quickly transform from a mobile adaptor to a stable propeller becomes paramount to understanding its function. The Foot demonstrates tremendous stability while it is mobile and provides for tremendous mobility while it is stable; to simplify this complexity we will share a principle, strategy, technique process thus empowering the attendee to assess and address Foot/Ankle function.

To accomplish the aforementioned, participants will be empowered to learn:

- A principle, strategy, technique process for the Foot/Ankle complex.
- Over 50 new Foot/Ankle techniques/therapies for all levels of patient / client.
- The skill of Movement Tweakology for functional rehabilitation.
- The skill of Dimension Tweakology for functional rehabilitation.
- The skill of Influence Tweakology for functional rehabilitation.
- Mobilization, stabilization, strength, and power for specific functional goals.
- An introduction to Foot/Ankle Functional Manual Reaction® for treatment enhancement.

FUNCTIONAL SHOULDER

Course Overview:

An innovative, one-day seminar providing participants with essential principles, strategies and techniques of Applied Functional Science to the Shoulder Complex, this seminar encourages direct participation and interaction with the instructor and participants to enhance the ability to assess and address client / patient function with regard to the Shoulder Complex. Each attendee will learn a principle based approach to creating strategies for assessment / testing, prevention, training and rehabilitation to facilitate improved functional thresholds. This class is designed for all health professionals and applies to all client / patient populations.

Course Objectives:

The Shoulder joint is a joint that requires a tremendous amount of mobility on one hand and a tremendous amount of stability on the other. It is a miraculous joint that allows for a great amount of excursion of motion in ALL three planes, but at the same time, provides the stability for us to perform everyday tasks involving pushing, pulling, lifting, throwing, etc. The Shoulder Complex is a great example of the need for just the right amount of motion, at the right time, in the right plane, in the right direction, for the right reason to accomplish the task at hand. To gain a greater understanding of the function of the shoulder complex and how the Shoulder integrates with the entire kinetic chain we will share a principle-strategy-application process.

To accomplish the aforementioned, participants will be empowered to learn:

- A principle, strategy, and technique process for the Shoulder Complex.
- Over 50 new Shoulder techniques for all levels of patient / client.
- An introduction to Shoulder Functional Manual Reaction®.
- The process of functional assessment and analysis in relation to gait and balance.
- The skill of Movement Tweakology for functional training and rehabilitation.
- The skill of Dimension Tweakology for functional training and rehabilitation.
- The skill of Influence Tweakology for functional training and rehabilitation.
- The practice of 3D Matrix Training and Rehabilitation with the use of lifting and stretching.
- Mobilization, stabilization, strength and power for specific functional goals.
- The ability to self-assess their functional threshold while learning the system of evaluation.
- A systematic programming methodology.

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Copy as needed for each additional attendee.

SPACE IS LIMITED TO 40 PARTICIPANTS

Course Format:

Each Live Function Presentation involves both lecture and class participation. Class participation is encouraged throughout the lecture to ensure the principles and the concepts of kinesthetically are understood. The class consists of 40% lecture and 60% hands-on learning.

Dates: March 12th and 13th 2011

Day 1: 7:00-8:00am Registration
8:00am-5:00 pm Seminar
Day 2: 8:00am-5:00 pm Seminar

Each day will end with a question, answer and review from 5:00-5:30pm.

Continental Breakfast/Light Refreshments

Lunch on your own

LIVE FUNCTION PRESENTER

Jay Inman, PT

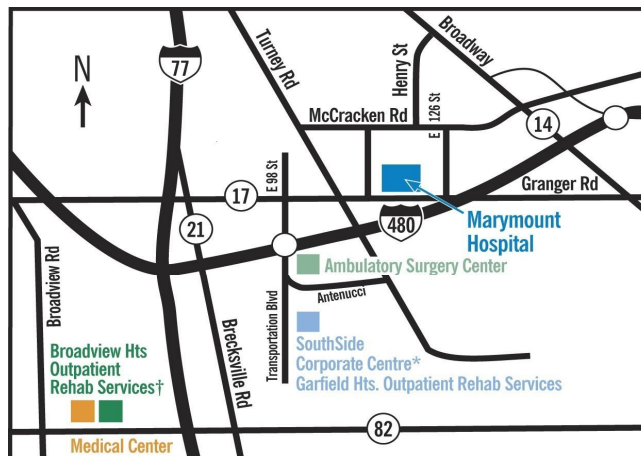
Jay is a Physical Therapist from Medina, Ohio. Jay is a graduate of Ohio University holding a *Bachelors of Science degree in Physical Therapy*. From 1990 to 1995 Jay was employed at Doctors Hospital in Columbus, Ohio where he performed extensive training in lower-extremity functional biomechanics, biomechanical foot orthosis and human function. In late 1995, Jay began working for Medina General Hospital as coordinator of outpatient satellite sports medicine offices.

Jay is a Fellow of *Applied Functional Science* graduating from the Gray Institute for Functional Transformation, *GIFT Program* in November 2007. Jay continues to utilize his knowledge of functional biomechanics through two physical therapy clinics, as well as performing golf swing analysis for Medina General Hospital's Sports Quarters. Jay also works with private clients in the areas of functional strength training and conditioning. Jay is active in his community, coaching in several athletic organizations.

Course CEU Information

Live Function Series is CEU approved by the NSCA, NASM, BOC, and APTA.

You must attend the entire 2-day course to receive 15 CEUs.



Hosted By:
Marymount Hospital
Outpatient Rehabilitation
Services

Seminar Held at:
Marymount Hospital
Auditoriums
12300 McCracken Road
Garfield Heights OH 44125

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Live Function Series

2-Day Continuing Education Course
The Functional Foot and Ankle
and
The Functional Shoulder
March 12th and 13th, 2011

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