

FeMale Chain Reaction

May 6th & 7th, 2011, Portsmouth NH

Registration information:

Tuition: \$445 if registration is received prior to April 6th / \$495 April 6th or later

Reserve your space early – attendance is limited to 25 participants!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-mail _____

Card Number _____ Exp _____ VISA/MC

Payment options:

* Please mail or fax this form with check or card information to:

Lighthouse Physical Therapy, LLC

Attn: Matthew

1 Cate Street

Portsmouth, NH 03801

Fax: (603) 422-8849

To register by phone, please call: (603) 431-0277

For questions or additional information, please call the above number or e-mail:

Matthew.Lighthouse@gmail.com

Lighthouse Physical Therapy, LLC
1 Cate Street
Portsmouth, NH 03801



Proudly Hosts

FeMale Chain Reaction

Applied Functional Science for
Women's and Men's Health

Presented by:

GrayInstitute

Phone Number: (603) 431-0277

Fax Number: (603) 422-8849

www.lighthousept.com

FeMale Chain Reaction

A course focusing on
Applied Functional Science*
as it relates to the pelvis.

If you work with female clients in any stage of life and wish to fully understand all of the biomechanical components from dysfunction to function, you need to learn about the **FeMale Chain Reaction**. In this course, you will learn about the Pelvic Core Neuromuscular System as it applies to the female population, functional mobility techniques for the pelvic girdle and pelvic floor muscles, and exercise integration utilizing a variety of functional tools.

This course provides a comprehensive understanding of pregnancy issues, pelvic floor dysfunction, incontinence issues, and strategies to prepare and protect the pelvic floor/girdle as it applies to females of all ages and populations.

And though there are unique aspects to the female pelvis, **Function is Universal** – your male clients will also benefit from your improved understanding of pelvic biomechanics. Even therapists who are not specialists in pelvic floor issues will gain insights into closed chain movement as it relates to the ankle, hip, knee, and spine for pediatrics, geriatrics, acute rehab, and sports performance.

*What is Applied Functional Science?

Applied Functional Science (AFS) consists of the Principles-Strategies-Techniques process for assessing 3-planar kinetic chain movement and converting that information directly into movement and exercise strategies for rehabilitation and conditioning. In other words, it is looking at how we truly move in the real world and helping us to functionally train for existing in that world.

AFS has been developed and is constantly being refined by Gary W. Gray, PT, and collaborators at the Gray Institute, innovators in our understanding of Function and its application in training and health promotion.

Location, Dates, & Times

Lighthouse Physical Therapy, LLC
1 Cate Street – Portsmouth, NH

May 6th, 2011

7:00 am - 8:00 am Registration

8:00 am - 5:00 pm Lecture & Lab

May 7th, 2011

7:30 am - 9:00 am Pelvic Core Training
Session

9:30 am - 4:00 pm Lecture & Lab

Course Objectives:

- Understand the functional relationship of the Pelvic Core Neuromuscular System in reference to the patient/client.
- Describe how to functionally stimulate the Pelvic Core Neuromuscular System and how it applies to subconscious core stability.
- Develop assessment, treatment and exercise strategies to influence the female and male Pelvic Core Neuromuscular System.
- Understand a variety of functional tools and how to utilize them for Pelvic Core Neuromuscular System integration.

Topics Include:

- Functional Principles that relate to the Pelvic Core Neuromuscular System, including: functional anatomy, total body integration, and mobility-stability
- Practical Strategies: how & why
- Integrated Techniques: Developmental Sequencing, Functional Flexibility, Functional Mostability, Assessment, Application, and Functional Tools

About the instructor:

Christina M. Christie, P.T., C.C.E.

Christina is a Physical Therapist and Childbirth Educator. She has specialized in the evaluation and treatment of the Women's Health patient (including pregnancy, incontinence, and pelvic floor dysfunction), orthopedics and sports related injuries for over 15 years. Christina has developed the **FeMale Chain Reaction** for the Gray Institute, and invented the Pelvic Core and Pelvic Core Fusion by Pelvic Solutions. She has lectured extensively on the evaluation and treatment of the Women's Health population and Sports Medicine in a variety of settings, including APTA Combined Sections Meetings and IDEA. As a full time Physical Therapist in Park Ridge, Illinois, she integrates *Applied Functional Science* Principals, and manual therapy to provide overall biomechanical health.