



Human Performance Center

& The Tricounties District APTA

Proudly Cohost

(Fe)Male Chain Reaction

Applied Functional Science for
the Female & Male Patient



February 25-26, 2012
Santa Barbara, CA

In Cooperation With
GrayInstitute

description

The Pelvic Core Neuromuscular System (PCNS)- pelvis, core, and pelvic floor —has a very unique biomechanical influence within both the female and male body. This course will help you understand 3 dimensional PCNS movement from function to dysfunction. We will explore functional mobility techniques for the complete core and exercise integration utilizing a variety of functional tools. Participants will understand how the PCNS can influence orthopedic injuries, how pregnancy will influence the PCNS and how Pelvic Core dysfunction may limit a patients ability to exercise.

This course will be life changing for your patients.

instructors

Christina Christie PT, CCE, FAFS, FMR

Christina is a Senior Physical Therapist and Women's Health Manager for an out-patient physical therapy clinic in Morton Grove, Il. She received her Bachelor of Science Degree in Physical Therapy from Rosalind Franklin University in 1990 and is certified in Functional Manual Reaction, as a graduate from the Gray Institute. She specializes in the evaluation and treatment of the women's health patient including pregnancy, incontinence/pelvic floor dysfunction and orthopedics/sports related injuries. She has developed the FeMale Chain Reaction Course for the Gray Institute and continues to lecture nationally on the evaluation and treatment of the women's health population for the Gray Institute, APTA and IDEA Health and Fitness Association.

Rich Colosi, PT, DPT, FAFS, FMR

Rich is a Senior Physical Therapist at Redefined Physical Therapy in Wilmette, Il. He achieved his DPT degree at Rosalind Franklin University in 2004 and continues to lecture to faculty and students annually. In 2008, he completed his certification in Applied Functional Science and is a certified Functional Manual Reaction provider. Rich is co-author of the FeMale Chain Reaction Course for the Gray Institute and specializes in orthopedic injury/post surgical rehabilitation, and women's and men's health. He continues to lecture nationally on the principles of Applied Functional Science and integration of treatment for the female and male populations in a variety of settings.

objectives

- › Understand the functional relationship of the Pelvic Core Neuromuscular System in reference to the female and male patient.
- › Describe how to functionally evaluate and stimulate the Pelvic Core Neuromuscular System and how it applies to core stability for the orthopedic patient, the pregnant patient and the patient with pelvic floor dysfunction.
- › Develop treatment and exercise strategies for the Pelvic Core Neuromuscular System and apply it to the female and male patient.
- › Understand a variety of functional tools for the Pelvic Core Neuromuscular System and group exercise programs.

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schedule

Saturday, February 25

- 7:30-8:00AM Registration
- 8:00-10:00AM Intro / Functional Anatomy / Biomechanics of the Pelvic Floor & Pelvic Core / Neuromuscular System / The Matrix System
- 10:00-10:15AM Break
- 10:15-12:15AM Pregnancy & the Pelvic Floor-Lab-Triplane Stretching
- 12:15-1:15PM Lunch
- 1:15-1:45PM Pelvicore™ Instruction Lab
- 1:45-3:15PM Pelvic Floor Dysfunction/Orthopedic Implications (Break 2:45 - 3:00PM)
- 3:15-4:15PM Female Athlete/ACL
- 4:15-5:00PM Pelvicore Training - Class Type

Sunday, February 26

- 8:00-10:00am Evaluation of the Female & Male Patient
- 10:00-12:00pm Group Exercise & Community Education / Cardio Core Conversion / Inner Pelvicore

Seminar is limited to the first 25 paid registrations! So don't delay.

*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.

GrayInstitute 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



Registration: (Fe)Male Chain Reaction

February 25-26, 2012

Name

Address

City State Zip

Phone w/Area Code Fax

E-mail

Special Needs

Tuition: APTA Member; \$295 NonAPTA; \$475
1.5 Days CEU credits given

- Check or Money Order Enclosed
(payable to **Human Performance Center**)
- Credit Card (check one below—Fax in this page)
- VISA Mastercard Am Express

Card #

Exp. Date Signature

Mail Registration with Check to:

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