

GrayInstitute

**TWO DAY LIVE
FUNCTION COURSE**

**CERVICAL
AND
SHOULDER
BY GRAY INSTITUTE**

PRESENTED BY:
**LENNY PARRACINO,
CMT,FAFS**

HOSTED BY
**INTEGRATED REHABILITATION
GROUP**



Integrated Rehabilitation Group
Gray Institute— 2 Day Live Function
15720 Main St., # 230
Mill Creek, WA 98012

Registration Form:

Name _____ Title _____ Daytime phone# _____

Address _____

City _____ State _____ Zip _____

Email address _____

Cost: \$360 before Dec. 31, 2011, \$450 after
Date: Sat & Sun March 31 & April 1, 2012
Time: Sat. 8:00 am-5:00 pm
Sun. 8:00 am-5:00 pm
Location: Murphy's Corner Physical Therapy
Everett, WA

MasterCard Visa

Card # _____ Expires _____

Signature _____ Security Code _____



Cervical Spine

Course Objectives:

Cervical Spine function is a necessity in life in fact a stiff neck will spread to the rest of the body. There are many functional activities that are head dominated and require a tremendous amount of motion-stability in the Cervical Spine. Therefore, to assess and address this need we must understand the function of the Cervical Spine from a structural and functional perspective from the top down (head motion) and bottom-up (body moving underneath fixed eyes). This course will expand the traditional model to gain a better appreciation of what happens in function to the cervical spine.

Functional Shoulder

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 hand. 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 accomplish the aforementioned, participants will be empowered to learn:

1. A principle, strategy, and technique process for the Cervical Spine and Shoulder complex.
2. Over 50 new Cervical Spine and Shoulder techniques for all levels of patient/client.

3. The science of “Tweakology”, therefore empowering you to expand all techniques into specific applications.
4. An introduction to Cervical Spine and Shoulder Functional Manual Reaction.

Live Function Presenter:

Lenny Parracino, CMT, FAFS

Gray Institute Faculty

Lenny is a former author, hands-on instructor, and clinician for *The National Academy of Sports Medicine*. Currently he serves as a faculty member of the *Gray Institute* of Applied Functional Science. He has spent over 20 years serving the health industry as an international lecturer, soft-tissue therapist, and movement therapist. Lenny has performed over 200 lectures, has written educational materials and consulted/lectured for organizations such as: *The National Academy of Sports Medicine, Perform Better, PTontheNet.com, Cooper Clinic* in Dallas Texas, *Tennis Clubs of America University, IDEA World Health and Fitness Conference, 24 Hour Fitness, and Sports Club Company*, as well as other fitness, educational and medical facilities around the world. Lenny has earned his degree in Health Science, is a Fellow of Applied Functional Science, holds a California certification/license to practice soft tissue therapy and is a certified provider of the medically patented *Active Release Techniques*. As a full-time therapist, he integrates an eclectic approach of soft-tissue therapy and movement conditioning at *Kinetic Conditioning Institute* in Montrose, California.

Cancellation Policy: Full refund if 30 days prior to course, \$50 processing fee if less than 30 days

CEUs will be available

Saturday, March 31, 2012—8:00 am –5:00pm

Sunday, April 1, 2012—8:00 am –5:00pm

Day 1 and 2 Class Agenda

Cervical Spine and Functional Shoulder

7:30 am—Registration

8:00—9:30 am—Principles of function applied to the Cervical Spine or the Functional Shoulder

9:30 –10:00am—Strategies of function applied to the Cervical Spine or functional Shoulder

10:00—10:15am—BREAK

10:15—12:00pm—Technique Lab

12:00—1:00pm—LUNCH ON YOUR OWN

1:00—2:45pm—Technique Lab

2:45—3:00pm—BREAK

3:00—4:00pm—Technique Lab

4:00—5:00pm—Putting it all together...Program design

5:00—5:30pm—Questions, answers, review

Cost: \$360 before Dec. 31, 2011, \$450 after

Murphy's Corner Physical Therapy

1519 132nd St. S.E., Suite A

Everett, WA 98208

**Send registration form and payment to:
Integrated Rehabilitation Group
CE Course**

**15720 Main St., #230
Mill Creek, WA 98012**

**For more information call or email Jill @
(425) 316-8046 x 1009
(425) 338-9637 Fax
jillg@irgpt.com**