

Schedule



Lenny Parracino, CMT, FAFS

(Fellow of Applied
Functional Science)
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 and 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 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.

7:00 a.m.

Registration/Set Up/Continental Breakfast

8:00-10:00 a.m.

Principles of AFS

10:00-10:15 a.m.

BREAK

10:15-12:00 p.m.

Strategies of AFS

12:00-1:00 p.m.

LUNCH

1:00-2:45 p.m.

AFS Techniques

2:45-3:00 p.m.

BREAK

3:00-5:00 p.m.

AFS Techniques

5:00-5:30 p.m.

Questions, answers, review



Practical Introduction to Applied Functional Science

October 2, 2010



Presented by:

GrayInstitute

Course Overview

A new and innovative one day seminar providing participants with the essential principles, strategies and techniques of Applied Functional Science. This seminar encourages direct participation and interaction between the instructor and participants to enhance the ability to assess and address client/patient function. During this course, you will learn a principle based approach to creating strategies from the principles of Applied Functional Science. This class is for physical therapists, physical therapist assistants, occupational therapists, occupational therapist assistants, and athletic trainers.

Course Objectives

Applied Functional Science (AFS) is the convergence of physical science, biological science, and behavioral science. AFS integrates the universal principles of why we move, how we move, and where we move. Strategies of AFS are derived from the principles and provide the guidance for our plan of action. All our techniques should be derived from our strategies and emphasize the removal of barriers and the creation of transformational environments.

Topics Include:

- 1) Universal principles that relate to applied techniques:
 - a) Individuality
 - b) Energy/Forces
 - c) Three dimensionality
 - d) Driven systems
 - e) Adaptation

- 2) Strategies/techniques
 - a) Indirect or global approach
 - b) Direct or specific approach
 - c) Indirect compensatory approach
 - d) Movement design flow
 - i) Lunge Stretch matrix
 - ii) Squat matrix
 - iii) Reach matrix
 - iv) Lunge matrix
 - v) Pivot matrix
 - vi) Balance matrix
 - vii) Jump matrix

(1) Tweakology to all matrices

Course Location

GVMH Rehab & Wellness
1200 E. Ohio
Clinton, MO 64735

Registration

Fax or mail back this form with your payment. **Class size is limited to 25. Deadline for registration is September 1, 2010.**

Phone: 660-890-7080

Fax: 660-885-3427

Live Function Seminar: Introduction to Applied Functional Science

Saturday, October 2, 2010

Cost: \$250.00

Name _____

Address: _____

Phone: _____

Email: _____

Method Of Payment:

Check Enclosed

Visa

Mastercard

Mail this Registration Form to:
Golden Valley Memorial Healthcare
Attn: Education Department
1600 N. 2nd Street
Clinton, MO 64735