You are cordially invited to join Dr. Gary Gray and Doug Gray in this two-day live experience that will empower you – the movement practitioner – to better serve and enhance the lives of your patients and clients in the areas of analysis, rehabilitation, training, and prevention.

Chain Reaction®, now into its 27th year, is internationally acclaimed, as well as recognized as the longest running and most successful seminar in the Movement Industry. “How does Chain Reaction® adapt and become even more empowering?” By putting “In-Action” the Principles of Applied Functional Science® (AFS), by enabling you to experience, feel, retain, and apply your understanding of AFS, and by creating encouraging environments to allow you to strategically transform the scientific truths of human movement into powerful techniques and exercises.

Whether you have attended Chain Reaction® in the past or this is your first opportunity, this truly is an engaging experience that you do not want to miss, as it will be pivotal to your professional advancement and the functional advancement of your patients and clients.

PROFESSIONALS INVITED

Chain Reaction®: In-Action is designed for any and all practitioners in the Movement Industry, those who want the absolute best for their patients’ and clients’ needs, wants, and goals. Professionals include, but are not limited to, the following: Physical Therapists, Physical Therapy Assistants, Personal Trainers, Strength and Conditioning Coaches, Chain Reaction® Grads, Chiropractors, Athletic Trainers, Osteopaths, Occupational Therapists, and Coaches (of any level and of any sport / activity).

CONTACT HOURS / CEUs

Chain Reaction®: In-Action is expected to correlate to Contact Hours by ACSM, BOC, NSCA, ACE, and specified state APTA boards (pending approval). This seminar is also expected to correlate to CEUs for NASM (pending approval). Gray Institute® is able to supply participant with specific information pertaining to this seminar if the participant would like to petition for Contact Hours / CEUs in any organizations not identified above.

ITINERARY

Day 1 / Friday
07:00 AM - 07:30 AM: Registration
07:30 AM - 12:00 PM: Movement Science & Movement Experiences
12:00 PM - 01:30 PM: Lunch (On Own)
01:30 PM - 06:00 PM: Movement Science & Movement Experiences

Day 2 / Saturday
07:30 AM - 12:00 PM: Movement Science & Movement Experiences
12:00 PM - 01:30 PM: Lunch (On Own)
01:30 PM - 06:00 PM: Movement Science & Movement Experiences

REGISTRATION

You may register online at www.GrayInstitute.com or you may call Gray Institute® at 866.230.8300 / 517.266.4653. Please register early. Please also obtain registration confirmation prior to making travel arrangements. Confirmation of registration and receipt for tuition will be sent to you via email.

INVESTMENT

$595

DATES AND LOCATIONS

APRIL 24-25, 2015
Chicago, IL
Donald E. Stephens Convention Center
5555 North River Road, Rosemont, IL 60018

SEPTEMBER 18-19, 2015
Providence, RI
Rhode Island Convention Center
One Sabin Street, Providence, RI 02903

OCTOBER 2-3, 2015
San Diego, CA
San Diego Convention Center
111 West Harbor Drive, San Diego, CA 92101

OCTOBER 9-10, 2015
Chicago, IL
Donald E. Stephens Convention Center
5555 North River Road, Rosemont, IL 60018

List of Hotels in Respective Areas Provided in Registration Confirmation Email.

HOSTS AND PRESENTERS

Gary is referred to as the “Father of Function” and the leading pioneer and authority in human movement analysis, rehabilitation, training, and prevention. He is highly respected as a physical therapist, trainer, coach, author, mentor, and successful inventor. With over 40 years of experience, Gary has transformed his physical, biomechanical, and behavioral understanding of the body into the most empowering performance-enhancement, injury prevention, and rehabilitation applications. His passion for education and sharing, along with his desire and innovation, allows him to translate the complexities of human function into simple, effective techniques. Through the power of Applied Functional Science®, Gary’s goal is to enhance the lives of movement professionals and the lives of those they treat and train. Gary serves as the CEO of Gray Institute®, and GIFT (Gray Institute for Functional Transformation), as well as the Creator, Founder, and CEO of Free2Play® (Free2Play Academy, Inc.), a dynamic 501(c)(3) organization utilizing movement to transform the lives of children across the world.

Doug is an accomplished businessman, entrepreneur, national lecturer, author, coach, trainer, and athlete with a deep understanding of and experience in Applied Functional Science®. He has worked extensively with coaches, trainers, therapists, professional athletes, children, and parents. He has participated in the development, production, and delivery of numerous seminars, lectures, workshops, and videos / DVDs dealing with functional prevention, rehabilitation, and performance enhancement, including the 3D Matrix Performance Series. Furthermore, he has pioneered in the extensive development and publishing of Applied Functional Science® Nomenclature. Doug serves as Director and Faculty of GIFT (Gray Institute for Functional Transformation, Inc), co-lecturer for Chain Reaction® (renowned seminar series), and also serves as the Director of Free2Play® (Free2Play Academy, Inc.), a dynamic 501(c)(3) organization utilizing movement to transform the lives of children across the world.

DR. GARY GRAY
PT, FAFS
DOUG GRAY
FAFS, FMR, NG360° GPS, CAFS

www.grayinstitute.com
5353 West US 223 Suite B Adrian, MI 49221
866.230.8300 / 517.266.4653
Applied Functional Science®
- Principle-Strategy-Technique Process
- Functional Spectrum of Movement

Traditional vs. Functional
- Mobility / Flexibility Movements
- Stability / Strength Movements
- Cardiovascular Endurance Movements
- Analysis / Screening Movements

Chain Reaction® Biomechanics
- NeuroMusculoSkeletal System
- Drivers of Human Movement

Gravity-Driven & Ground Reaction Force-Driven Movements
- Hand-Driven, Foot-Driven, & Eye-Driven Movements
- Success-Driven, Encouragement-Driven, & Purpose-Driven Movements

Vital Transformational Zones
- Overview of 3DMAPS
- (3D Movement Analysis & Performance System)

6 Vital Transformational Zones
- Mobility Analysis Movements
- Stability Analysis Movements
- Mostability Analysis Movements

Movement Variables / Tweakology
- Observational Essentials / Nomenclature
- 3DMAPS Tweaks

Tweaked Movements – Environments & Tools
- Tweaked Movements – Positions & Actions
- Tweaked Movements – Driver & Triangulation
- Tweaked Movements – Load, Rate, Duration, & Sequence

Matrix Principles
- Matrix Strategies
- Matrix Techniques

3D Core Matrices
- 3D Jump-Jop-Hop Matrices
- 3D Balance Matrices

3DMAPS Walkuffles
- 3D Runuffles
- 3D Skipping

3D On-Ground Matrices
- 3D [Tweaked] Matrices
- 3D Carioca
- 3D Jumping Jacks
- 3D [Tweaked] Locomotor

Movement Literacy®
- Movement Sequencing & Progressions

Matrix Play®
- Mobility / Stability Application
- Strength / Power Application

Coordination / Skilling Application
- Speed / Reaction Application
- Resiliency / Adaptability Application

Activity-Specific Transformational Zones
- Sport-Specific Transformational Zones

Throwing, Swinging, & Kicking
- Lifting, Pushing, & Pulling
- Golf, Soccer, & Basketball

Ankle Sprains
- Plantar Fasciitis
- Achilles Tendonitis

Ankle Sprains
- Patellar Tendonitis
- Patellofemoral Dysfunction
- ACL

Labral Tears
- Sports Hernias
- Flexor / Adductor Strains

Facet Irritation
- Spondylolisthesis
- Disc Involvement
- Scoliosis

Kyphosis
- Whiplash
- Headsaches

Facet Irritation
- Spondylolisthesis
- Disc Involvement
- Scoliosis

Case Studies – Subtalar / Ankle Complex
- Analysis, Rehabilitation, Training, & Prevention

Case Studies – Hip Complex
- Analysis, Rehabilitation, Training, & Prevention

Case Studies – Knee Complex
- Analysis, Rehabilitation, Training, & Prevention

Case Studies – Spine Complex
- Analysis, Rehabilitation, Training, & Prevention

Case Studies – Shoulder Complex
- Analysis, Rehabilitation, Training, & Prevention

Impingements
- Instability
- Rotator Cuff

Adhesive Capsulitis
- Medial / Lateral Epicondylitis
- Carpal Tunnel