INTEGRATIVE
REHAB TRAINING

Integrative Rehab Training:
Manual Techniques, Applications & Reinforcing Activities

Program overview:

- Introduction
- Clinical reasoning and examination considerations
    - Top-down assessment
    - Hierarchical decision-making
- Define and review primary manual therapy techniques
    - Positioning considerations
    - Developing one's own "style"
- Understanding respiration
    - Mechanics, influence, compensations, consequences
    - Pulmonary vs influential
- Restoring thoracic mechanics
    - Internal and external flow state
    - Balancing pressure and volume differentials
    - Scapular considerations
    - Managing compensatory outliers
- Restoring sacro-pelvic mechanics
    - Balancing inlet and outlet dynamics
    - Ilium considerations
    - Managing compensatory outliers
- The extremities
    - Shoulder, arm, elbow, wrist and forearm
    - Hip, leg, knee, ankle and foot
- Reinforcing activities
    - Positional breathing strategies
    - Movement progressions
    - Application to training and athletics
- Gait
    - Intervention strategies and gait
    - Running and change of direction considerations
    - Application to high level athletics
- Extra offering
    - Introduction to cranial manipulation
    - Theories, techniques, considerations, applications

E-mail: Michael@mjmatc.com Phone: (207) 239-7077 Webpage: www.mjmatc.com

OBJECTIVES

- Appreciate the influence different forms of manual techniques can have on the body.
- Build on skills in some of the more common manual techniques, approaches and current methodologies.
- Develop ability to help identify areas of inefficient movement capacity through assessment, observation and functional movements.
- Improve layer palpation skills and end-feel interpretation
- Appreciate and apply the influence of internal dynamics on external structures' movement variability.
- Be able to implement activities to reinforce changes attained with manual interventions.
- Analyze gait more effectively and apply concepts and interventions to life and athletics.
- Extra offering
    - Appreciate the influence cranial strain patterns can have on system balance
    - Introduce concepts of Sutherland's Primary Respiratory Mechanism
    - Demonstrate and practice various cranial restoration techniques

E-mail: Michael@mjmatc.com Phone: (207) 239-7077 Webpage: www.mjmatc.com