

## DAY 1: Conscious Movement

### We are Movement Chameleons

#### One size does not fit all in movement screening

Movement qualities and person signatures

Can your subject make a “shape” that relates to movement?

Are we effective and efficient?

Environmental influences on the deep squat shape

Autonomic Heisman concept

Movement lab experience

#### Movement Screening and Assessment to Quickly Identify Dysfunction

Assessment reliability and validity

Digital movement assessment

Threat Screen: Impact of pain perception and psychosocial aspects of a client

Kinesiophobia testing:

Red Light, Yellow Light, Green Light

#### Brain Subsystem – The Efficiency Factor

2 Point discrimination assessment

Foot zone mapping

Corrective tactics and tools to intervene with mapping dysfunction

Re-screen/assess the “shape” – deep squat

System of approach with hip and shoulder zones

### Midline Subsystem – Planar Assessments

Spinal engine theory

Sagittal, frontal and transverse planar control

Tactics with strategies for client outcomes

#### Mechanical Subsystem – Effectively Assume a Shape

Foot Zone screening and assessment strategies

Foot Zone corrective tactics for mobility and stability

Re-screen target movement – deep squat

Discuss system of approach for hip/shoulder zones

Case study application – application of multi-system approach to ‘conscious’ movement

## DAY 2: Subconscious Movements

### ADVANCED MOVEMENT ASSESSMENT AND CORRECTION

#### Target Subconscious Movements

Breathing: description, assessment, relevance

Gait cycle: description, assessment, relevance

Understanding the role of subconscious awareness

Objective testing with digital motion analysis

#### Breathing: How To and How Not To

Deep breath, lab with instructor feedback

Motor control and breathing

#### How Well Are You Breathing?

Screen and scoring of breathing performance

Observation for symmetry and dysfunction

Pause hold assessment and performance

Hi-low breathing assessment and performance

Breath wave assessment and performance

#### Is Your Gait an Asset or a Problem?

Impact on energy conservation

Gait screening process

Is gait effective? Is gait efficient?

Is gait coordinated? Is gait springy?

Foot Screen

Sagittal screen of foot influence

Frontal screen of foot influence

Transverse screen of foot influence

Hip Screen

Triplanar screen of hip contribution

Shoulder Screen

Arm swing assessment and contributions

#### FMT SUBSYSTEM RECIPE: BRAIN, MIDLINE, MECHANICAL

##### Brain Assessment Corrective Tactics

Cerebellum's influence on correctives

Ipsilateral control capabilities in human movement

Coordination and balance labs

Upper extremity: hand tap and finger to nose testing

Lower extremity: heel to shin testing

##### Midline Assessment Corrective Tactics

Tri planar control and how it influences movement

Sagittal plane control labs:

Breathing correctives in all 3 planes of motion

Pursed lip breath

Midline stacking drills and strategies

##### Mechanical Assessment Corrective Tactics

Joint by joint approach to movement biomechanical screen

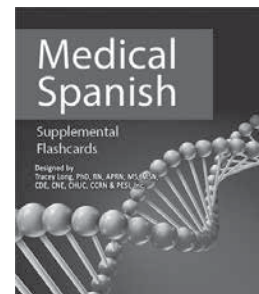
Block vs slinky concept of movement fluidity

Association vs disassociation Lab

Shoulder and hip complex lab

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## 2-DAY

# MOVEMENT SPECIALIST CERTIFICATION

Conscious and Subconscious Movement Assessment

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**Manchester, NH**

Thursday & Friday  
April 23 & 24, 2020



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## Objectives

1. Apply conscious movement evaluations and training strategies.
2. Appraise the use of digital motion analysis to objectively capture human movement.
3. Categorize and integrate client psychological/personality traits that influence human movement.
4. Contrast methods of brain vs mechanical screening/assessment strategies of conscious movement.
5. Critique and demonstrate therapeutic movement tactics with compressional floss, foam rollers and exercise bands.
6. Evaluate differences between neural vs. somatic restrictions (Brain vs. Tissue).

## Objectives

1. Evaluate and assess subconscious movement patterns.
2. Introduce, evaluate and integrate breathing assessment strategies.
3. Contrast methods of coordination/balance as it relates to subconscious movement patterns (gait).
4. Analyze faulty midline control function.
5. Evaluate and justify differences between joint association vs dissociation.
6. Critique and demonstrate gait retraining efforts with numerous exercise/mobility tools (tactics).

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## 2-DAY

# MOVEMENT SPECIALIST CERTIFICATION

Conscious and Subconscious Movement Assessment



- Quickly identify and correct inefficient movement patterns
- Objectively analyze movement to create more effective training and treatment plans
- Enhance quality of movement to reduce injury and increase movement efficiency

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PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

## 2-Day Movement Specialist Certification

Whether you're a PT, OT, Athletic or Personal Trainer, Chiropractor or Exercise Physiologist your work is all about movement.

**But the conventional assessments, measures and corrective techniques you were taught in school often fall short,** failing to account for the complexity and interconnectedness of how people move. These traditional tools can leave you struggling to uncover the true cause of your clients' dysfunctional movement and searching for more up-to-date techniques that capture the intricacies of human function.

**This Certification training will give you exactly what you've been looking for** – a complete strategy to screening and corrective techniques based on the latest science in human movement.

### Attend and discover how you can:

- More skillfully screen movement in clients of all types
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- Restore function and mitigate pain with safe, simple, and effective tactics

**Better still, upon completion of this program you'll be certified as a Movement Specialist by RockTape,** showing clients, employers and colleagues that you've taken the time and effort to get specialized training in this crucial area.

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*P.S. This training is full of hands-on labs and practice so you can reinforce what you've learned and gain confidence in using your new skills!*

## Speaker

**JESSICA HILL, PT, DPT, CSCS,** is a physical therapist who received her BA in biology and psychology at Dartmouth College. She completed her professional training at Simmons College where she earned her Masters Degree in physical therapy and her Clinical Doctorate Degree in physical therapy in 2002. She is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association, certified Specialized Functional Movement Assessment (SFMA) level 1 practitioner, certified Functional Movement Screen (FMS) level 1 practitioner, and a certified Functional Movement Techniques provider through RockTape. Dr. Hill has 15 years of clinical experience in general orthopedics, sports medicine, industrial rehabilitation, pre-/post-surgical care, performance enhancement, wellness training, and injury prevention. She works with patients of all ages and across all activity levels from highly sedentary people to highly active populations including national caliber/professional/semi-pro/collegiate athletes, extreme and ultra-athletes, law enforcement, and military. Dr. Hill co-founded a group of highly successful outpatient physical therapy practices in VT before starting a solo, concierge practice in NYC.

Dr. Hill evaluates and treats with a whole-body approach that combines knowledge and understanding of localized anatomy and function within the context of full body structure, function, and movement patterns. She works to restore compromised mobility, strength, stability, and movement patterning through a variety of manual techniques, IASTM, active modalities, progressive exercise, taping, and education. She enjoys solid rapport with her patients and clients, clinical problem-solving, and watching her patients and clients progress to the activities they need to do, want to do, and aspire to do.

Dr. Hill is a self-professed "biomechanics, kinetic chain, fascial train, feed the brain enthusiast" who never tires of learning new treatment and training techniques, perspectives, and the latest the medical literature has to offer. She is an avid skier (telemark), cyclist, ice hockey player, photographer, and outdoor enthusiast. She will read anything an arm's length away. She lives by the guiding principle to, "Always leave it better than I found it, regardless of what it is."

Speaker Disclosure:

Financial: Jessica Hill maintains a private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Jessica Hill has no relevant non-financial relationships to disclose.

## Who Should Attend

Physical Therapists • Physical Therapist Assistants  
Occupational Therapists • Occupational Therapy Assistants • Chiropractors  
Athletic Trainers • Exercise Physiologists • Personal Trainers

## Live Seminar Schedule (both days)

**7:30:** Registration/Morning Coffee & Tea

**8:00:** Program begins

**Lunch:** 1 hour (on your own)

**3:30:** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## What to Wear

Please wear lab-appropriate clothing that allows access to skin/muscles.  
Loose shorts and tank tops are recommended.

## What to Bring

Yoga mat or massage table (if applicable)

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

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### Occupational Therapists & Occupational Therapy Assistants:

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### Physical Therapists & Physical Therapist Assistants:

This activity consists of 12.0 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

### Vermont Physical Therapists & Physical Therapist Assistants:

This course has been submitted to the Vermont Chapter, American Physical Therapy Association for review. Credit is pending. Please contact our customer service department for the most current information.

**Other Professions:** This activity qualifies for 720 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## Questions?

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### ADA NEEDS

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### SAME DAY REGISTRATION

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### TUITION OPTIONS

*Advance registration required. Cannot be combined with other discounts.*

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