

## 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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### King of Prussia, PA

Monday & Tuesday  
April 20 & 21, 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

INCLUDED  
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### King of Prussia, PA

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## 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
- Quickly pinpoint the source of movement dysfunction
- Determine if the dysfunction is a brain, midline, or mechanical deficit
- Utilize corrective tools that account for the complete person, their environment and unique parts
- 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.

**Sign up today**, get the safe, simple, and effective tactics you need to properly screen movement and improve client outcomes like never before.

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## Speaker



**ABBY PERONE, DC, CES, FMT, CF-L1**, is a practitioner who focuses on movement-based soft-tissue injuries, ranging from sports injuries to chronic pain. Since earning her Doctorate in chiropractic from Parker University, Dr. Perone has been a member of a rapidly-growing provider group, Airrosti Rehab Centers, LLC, where she has served as Airrosti's Director of Active Care Development and subsequently as Director of Training & Clinical Projects. While serving in these roles, Dr. Perone had the opportunity to onboard and clinically teach over 250 clinical treatment team members. She also travels across the US as an instructor for RockTape and PESI, teaching anatomy, biomechanics, movement-based pathologies, corrective strategies, and injury prevention.

Additionally, Dr. Perone has an extensive background working with CrossFit™ athletes and CrossFit injuries, having served on the CrossFit Regionals and CrossFit Games Athlete Services Medical Teams for the past four years. Outside of the clinic, Dr. Perone is an avid CrossFitter and runner, and she serves as an in-house director of Movement Quality and developing partner of Love Movement.

Speaker Disclosure:

Financial: Dr. Abby Perone is the co-owner of CrossFit Love and Love Health. She receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. Abby Perone 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 cepses@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.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**ATHLETIC TRAINERS:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 12.0 hours of Category A continuing education.

**EXERCISE PHYSIOLOGISTS:** ASEP members will earn 10.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.



**PERSONAL TRAINERS:** This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

## OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.0 contact hours or 1.2 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**DELAWARE PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** The Delaware Examining Board of Physical Therapists and Athletic Trainers accepts CEUs approved by a national governing body (e.g., APTA, BOC) or a fellow state licensing board during the current licensing period. This activity consists of 12.0 clock hours of instruction applicable for physical therapists.

**NEW YORK PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 14.4 Contact Hours.

**PENNSYLVANIA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** The Pennsylvania State Board of Physical Therapy recognizes approval by all other state boards. This activity consists of 12.0 clock hours of instruction that is applicable for physical therapists.

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## Questions?

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## ADA NEEDS

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## SAME DAY REGISTRATION

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## TUITION OPTIONS

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- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$100 Tuition (includes kit):** If you are interested in being our registration coordinator for both days, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, first come, first serve.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

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