

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

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

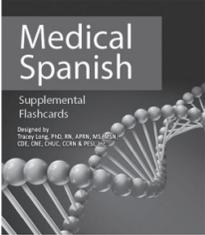
Joint by joint approach to movement biomechanical screen

Block vs slinky concept of movement fluidity

Association vs disassociation Lab

Shoulder and hip complex lab

FREE Flashcards
Printable Spanish for HealthCare Flashcards



Supplemental Flashcards
Developed by
THOMAS L. PESI, PH.D., ATC, MPT, M.Ed.,
DPT, SCS, CSCS, CRRP, FRCPT

ACCESS AT:
www.rehab.pesi.com/spanishrh

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE
credits
included!

www.pesirehab.com/inhouse

PESI Rehab
P.O. Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.

2-DAY

MOVEMENT SPECIALIST CERTIFICATION

Conscious and Subconscious Movement Assessment

ROCKTAPE
CERTIFICATION SERIES

Beachwood, OH

Monday & Tuesday
August 24 & 25, 2020

PESI
Rehab

REGISTER NOW: pesirehab.com/express/81973

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
with your Registration!

OVER \$100 VALUE!



Beachwood, OH

Monday & Tuesday
August 24 & 25, 2020

ROCKTAPE
CERTIFICATION SERIES

PESI
Rehab

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesirehab.com/express/81973

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).



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.*

REHAB SUMMIT

LAS VEGAS

July 29–August 1, 2020
rehabsummit.com

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.

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!

INCLUDED with your Registration!

OVER
\$100
VALUE!



ROCKTAPE
Go stronger, longer

Medium RockBand Flex
2 inch RockFloss
2-Point Discrimination Tool

TRIGGERPOINT

GRID Foam Roller
MBX Massage Ball
MobiPoint Massage Ball

Speaker

Speaker

REID NELLES, DC, is a chiropractor who earned his Bachelor of Science from University of Minnesota – Duluth where he then followed his passion onto Northwestern Health Sciences University to pursue a Doctorate in Chiropractic. Reid was fortunate to be chosen for the medical staffing of the World Sport Games in Lignano, Italy which kick started his infatuation with sports chiropractic. Over the years, he has honed his experience and gained even more knowledge of movement patterns, corrective exercises, hands-on techniques, and so much more within the athlete population.

He owns and operates Minnesota Movement, a clinic in Excelsior, Minnesota. It is here that Dr. Reid fulfills his role in the community of ensuring that no athlete or person has a reason to skip a work out, bike ride, game, round of golf, day with their kids, or any activity due to an injury or pain. Reid believes that; if you move – you're an athlete. Reid is a self-proclaimed "jack of all trades, master of none" when it comes to athletic endeavors and loves golf, skiing, snowboarding, hiking, hockey, wakeboarding, waterskiing, fishing and hunting. His primary goal is to restore and improve qualities of movement with anyone he sees.

Speaker Disclosure:

Financial: Reid Nelles is owner of Minnesota Movement. He receives a speaking honorarium from PESI, Inc. Non-financial: Reid Nelles has no relevant non-financial relationship to disclose.

Who Should Attend

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

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)

ROCKTAPE CERTIFICATION SERIES

Movement is key to all healing, whether you are working with an elite athlete or someone recovering from a car crash.

RockTape certification workshops are taught by industry-leading experts in movement assessment and therapy. These hands-on courses present a revolutionary way of thinking about how we move and how we injure. They integrate innovative mobility and stability strategies, along with movement-based, practical treatment frameworks - to deliver **RESULTS**.

Learn about these certifications and more at pesirehab.com:

- Kinesiology Taping Practitioner Certification
- Advanced Kinesiology Taping Practitioner Certification
- Pediatric Kinesiology Taping Certification
- Geriatric Kinesiology Taping Certification
- IASTM Practitioner Certification
- Advanced IASTM Practitioner Certification
- Myofascial Cupping Practitioner Certification
- Compression Band Flossing Practitioner Certification

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 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 courses 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.



Questions?

Visit our FAQ page at www.pesirehab.com/faq or contact us at www.pesirehab.com/info

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Celestee Roufs at croufs@pesi.com or 715-855-5220.

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



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 approved by the National Academy of Sports Medicine (NASM-BOC) for 1.2 CEUs. PESI, Inc. Provider Number is 544.

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.

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.

Ohio Physical Therapists & Physical Therapist Assistants:

This course has been submitted to the Ohio Physical Therapy Association for review. Credit is pending.

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.

REGISTRATION FORM

2-DAY MOVEMENT SPECIALIST CERTIFICATION

SAVE TIME! Express Register Online: pesirehab.com/express/81973

1 Please complete entire form if sending by mail please print legibly

*Email address _____
*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____

*Required for event updates

2 Select Location (make copy for your records)

BEACHWOOD, OH • August 24 & 25, 2020 (81973BEA)
DoubleTree Cleveland East/Beachwood
3663 Park East Dr • 44122 • (216) 464-5950

3 Select Tuition

TUITION including seminar manual

\$489.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$559.99 standard, per person

INCLUDED with your Registration!

OVER
\$100
VALUE!



4 Select Payment Method

All registrations must be prepaid.

- Check enclosed payable to **PESI, Inc.**
- Purchase order enclosed (Fed ID # 26-3896894)
- MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV#: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **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 for availability and job description, first come, first serve.
- **Discounted Student Rates:** 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.

QUESTIONS

Visit pesirehab.com/faq or contact us at pesirehab.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI Rehab
PO Box 1000
Eau Claire, WI 54702-1000
Phone: 800-844-8260
Online: pesirehab.com/express/81973

CAN'T ATTEND THE SEMINAR?

2-Day Movement Specialist Certification

Online Digital Seminar*
\$439.99 (POS063695) (Email required)

Seminar on DVD**
\$439.99 (RN063695)

Product total _____
Shipping - \$6.95 (DVD only) _____
Subtotal _____
Tax _____
TOTAL _____

*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IL, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

**For DVD orders, add applicable tax except in AK, DE, HI, HI, OR
CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.

PLEASE RETURN ENTIRE REGISTRATION FORM