

Outline

Day One

Foundations of Mobility

Identify biomechanics of major joints in the UE/LE kinetic chains and how this relates to stability and function

Examination of how mobility is restricted – connective tissue, muscle, etc

Strategies to address the above limitations

Foundations of Stability

Examination of how static and dynamic stability impact function

Loading, eccentric control, multi directional sports

Postural Dysfunction

Etiology and cause

Examination of postural and phasic muscles and impact on movement

Fascia – function, role, adaptations

Upper/lower cross syndrome examined – postural vs phasic muscles

Trigger points – physiology, active vs latent, literature review of treatment methods and outcomes

Movement Assessment

Upper Body and Lower Body

Gross assessment techniques

Dynamic and multiplanar functional movement assessment methods

How to Improve Mobility

Manual therapy techniques

Soft tissue techniques: vibration, IASTM, soft tissue techniques

Active management: stretching, contract/relax

Movements, Equipment and Exercises to Improve Mobility

Strategies to address body regions for maximum return and efficiency

Application of force couples

Create a plan without specialized equipment that blends seamlessly with home program development

Progression from single to triplanar movement – low functional demand to athletic application

Methodology driven by static and dynamic mobility AND stability

Day Two

How to Create Static Stability

Upper extremities, lower extremities, torso

Management strategies for all environments

Body weight, manual resistance, tubing/bands, foam, physio balls, etc

Creating Dynamic Stability

Exercise application and progression

Emphasis on progression from static to dynamic activity

Goal setting to structure plan of care and progression

Introduce graded challenges/progression to meet functional goals

Movements, Equipment and Exercises to Improve Stability

Gross motor application with emphasis on progression to dynamic kinetic chain stability

Application to address the 'whole body' through customized assessment driven treatment plan

Live Webinar Schedule (both days) (Times listed in Central)

8:00 Program begins

12:00-1:00 Lunch Break

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.

Learning Objectives can be viewed at pesirehab.com/webcast/88115

Here's what you'll get!

- ✓ 90 Days on-demand access to recording
- ✓ Strategies to streamline your assessment with immediate transition to treatment
- ✓ A function based approach for all ages and abilities without expensive equipment
- ✓ Up to 6 CE hours

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Advanced Mobility and Stability Training

Active Multiplanar Strategies to Restore Functional Movement

After sustaining a loss of function, patients and 3rd party payers want immediate change. Rehab clinicians rightfully expect the same efficiency from skills-based education. This 2-day training will not disappoint - you will get a wealth of information for immediate application with guaranteed results.

You will discover how to approach assessment and rehab differently. If you're still relying on the standard single plane assessment methods, you're missing a big piece of the puzzle – functional, real-world application! **Level up your treatment with multiplanar active assessments that are easy to apply to the whole body.** Uncover the unique properties of concurrent mobility and stability throughout the kinetic chain to enable whole body functional movement patterns.

This comprehensive, joint by joint approach seamlessly transitions from assessment to treatment. You'll learn today's best practices to:

- Quickly determine the actual anatomic contributor to the loss of mobility and function
- Integrate manual therapy techniques – trigger point release, IASTM, vibration, joint mobilization and more
- Incorporate strengthening with an emphasis on dynamic stability and graded progression
- Real world application that accommodates all fitness levels from independent ADLs up to elite athletic performance

Best of all, no expensive equipment needed. You'll discover novel approaches utilizing basic supplies including exercise bands/tubing, foam, physio balls and more. Look no further because it doesn't get better than assessment, manual therapy techniques and stabilization exercise – ALL in one course!



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Meet Your Speaker



Tony Mikla, DPT, CSCS, XPS, is a sports physical therapist and performance coach. Dr. Mikla speaks and teaches nationally on sports physical therapy and is active in research having published multiple papers in international journals. He is the founder and CEO of KIME Human Performance Institute focusing on improving people's lives through movement and physical therapy. He previously served as the physical therapy manager at the world renowned EXOS in Phoenix, AZ.

He is the medical director for Sacramento Sports Commission and adjunct faculty in PT at Sacramento State University and Northern AZ University. In 2015, Tony was named a finalist for the NSCA Sports Medicine Specialist of the year. Tony is both published in peer-reviewed articles (Journal of Sport Physical Therapy, Journal of Sports Medicine) as well as nationally recognized magazine publications (*Sports Illustrated* and *Shape Magazine*).

He has worked tirelessly in implementing movement retraining principles at the highest level of competition, including the Olympics in Beijing, London, and Rio. He blends the worlds of performance and physical therapy to help unite the greater purpose of Sports Medicine at the youth, collegiate, active adult, and pro level.

Speaker Disclosure:

Financial: Anthony Mikla has an employment relationship with Kime Human Performance Institute. He receives a speaking honorarium from RockTape and PESI, Inc.

Non-financial: Anthony Mikla is a member of NSCA Southwest Region Advisory Board and the National Strength and Conditioning Association.

Target Audience: Physical Therapists • Physical Therapy Assistants • Chiropractors
Occupational Therapists • Occupational Therapist Assistants • Athletic Trainers • Massage Therapists • Personal Trainers and other Allied Health Professionals

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Physical Therapists, Chiropractors, Occupational Therapists, Athletic Trainers, Massage Therapists, and Personal Trainers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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8am Central time

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QUESTIONS

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