

Outline

Reframe Your Patient Evaluation

- Joint-by-joint approach
- Functional assessments
- Stop chasing symptoms
- Consider myofascial chains
- SIJ biomechanics (form vs force closure)

All Star Approach to Therapy: Integrate Principles from Renowned Leaders

- Stuart McGill - The Back Mechanic
- Dan John - Weightlifting
- Craig Liebenson - Functional Training
- Mike Boyle - Elite Performance
- Lorimer Moseley & David Butler - Pain science
- Gray Cook - Functional Movement
- Brian Mulligan - Manual therapy

Effective and Evidence-Based Solutions for Common Diagnoses

- ITB syndrome
- Plantar fasciitis
- Achilles tendinosis, patellar tendinosis
- Patellofemoral tracking disorders
- Lower back pain / Sciatica thoracic
- Spine sprains/strains

Improve Lower Extremity Joint Mobility Techniques for Big Toe & Ankle

- Mobility drills
- Joint manipulation
- Soft tissue massage

Hip and Thoracic Spine

- Mobility drills
- Self soft tissue massage
- Roller
- Balls

Exercise Progression and Regressions

- Stability drills and strengthening exercises for the foot, knee, hip and lumbar spine
- Strengthening exercises
- Best glute exercises to reduce low back injury
- Best way to strengthen the “core”
- Antimovements and abdominal bracing
- Teaching the hip hinge
- Exercise progressions to strengthen hip hinge

Expand Your Treatment Toolbox

- Kinesiology taping applications for:
 - Foot
 - Knee
 - Lumbar spine
- Manual therapy
- Trigger point release
- Joint mobilization
- Myofascial massage

Objectives

1. Assess the “joint-by-joint approach” and understand how to use it to better assess their clients symptoms.
2. Inspect the signs of a dysfunctional big toe and how it can lead to a wide range of back and leg injuries.
3. Determine the most common ankle range of motion dysfunctions and understand the proper way to improve its mobility.
4. Differentiate the most common groups of muscles that limit range of motion in the hips and understand the best methods to improve their function.
5. Determine the two most common dysfunctions in the thoracic spine and learn several mobility drills to give clients.
6. Apply kinesiology tape safely and properly to improve stability and motor control.
7. Demonstrate the best strengthening exercises for the intrinsic muscles of the foot and how that can improve function throughout the entire body.
8. Categorize the “big 3” knee rehabilitation exercises are and how to perform them safely and effectively.
9. Investigate “Integrated Model of Sacroiliac Joint Function” and how it is crucial to minimizing injury to the lower back and pelvis.
10. Analyze motor control dysfunctions in the lumbar spine and hips that may be leading to poor treatment outcomes in clients.
11. Differentiate what “anti-movements” are, and how they can be implemented to decrease low back pain in clients.
12. Utilize a “hip hinge” to protect the lower back from injury.

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Dr. Karen Pryor, PHD, PT, DPT

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A Joint-by-Joint Approach to Assess & Treat Back and Leg Injuries

- Functional movement assessments that consider the demands on the entire kinetic chain
- Safely speed up the recovery process for a variety of LE/pelvic diagnoses
- Advanced drills & exercise progressions to safely return patients to unrestricted activity or sport
- Multimodal approaches: manual therapy, taping, joint mobilization, cupping, compression bands, IASTM and more!




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2-DAY FROM THE GROUND UP

A Joint-by-Joint Approach to Assess & Treat Back and Leg Injuries

A multidisciplinary approach is the gold standard of patient care, but it is hard to find a training that incorporates the best of the best from physical therapy, chiropractic, massage therapy, and strength and conditioning.

But that changes now. This is the **all-star approach to a HUGE variety of manual medicine techniques, joint mobilization skills, myofascial massage, assessment, and modern pain science where you finally get it all.**

With an emphasis on lower extremity and pelvis, we are going to uncover:

- Functional movement assessments that consider the demands on the entire kinetic chain
- **How you can safely speed up the recovery process** for a variety of orthopedic diagnoses including: plantar fasciitis, achilles tendinosis, patellar tendonopathy, Iliotibial Band
- Syndrome, thoracic and lumbar sprain/strains, and more!
- Advanced drills & exercise progressions to **confidently return your patients to unrestricted activity or sport!**
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Live Webinar Schedule

(Times listed in Central)

Day 1	Day 2
8:00 Program begins	8:00 Program begins
12:00-1:00 Lunch Break	1:45 Program ends
4:30 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.

There will be a 45-min break (late-morning).
A more detailed schedule is available upon request.

Target Audience:

Physical Therapists • Physical Therapy Assistants • Chiropractors • Exercise Physiologists
Strength and Conditioning Coaches • Athletic Trainers and other movement professionals.

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Speaker

Dr. Jon Mulholland, DC, CCSP, CSCS, ICSC, has over 20 years' experience helping athletes of all levels with injury recovery and performance enhancement. In addition to running his own practice, Dr. Mulholland has also acted as the chiropractic consultant for the United States Olympic Training Center in Lake Placid, NY, successfully treating dozens of Olympic athletes. He has traveled extensively as one of the team chiropractors for the US Bobsled & Skeleton teams. He has worked multiple World Championship events in a variety of sports, and has treated athletes from dozens of different countries. He was the sports medicine & performance enhancement consultant for the New Zealand Cycling teams at the 2012 Summer Olympic Games in London, where he helped the team win two Olympic medals. He is the owner/operator of Ideal Athlete Chiropractic, a sports chiropractic clinic in Plattsburgh, NY. He also travels extensively lecturing on a wide variety of sports injury and rehabilitation topics.

Disclosures:

Financial: Dr. Jonathan Mulholland is the owner and chiropractor of Ideal Athlete Chiropractic. He receives a speaking honorarium from Rock Tape. Dr. Mulholland receives a speaking honorarium and recording royalties from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.

Non-financial: Dr. Jonathan Mulholland is a member of the American Chiropractic Board of Sports Physicians, the International Federation of Sports Chiropractic, the National Strength & Conditioning Association, the American Academy of Hospital Chiropractors, the Society of Weight-Training Injury Specialists, and the American Chiropractic Association.

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