

LIVE FUNCTION COURSE DESCRIPTION FUNCTIONAL HIP

Course Overview:

A new and innovative one day seminar providing participants with essential principles, strategies and techniques of Applied Functional Science. This seminar encourages direct participation and interaction with the instructor and participants to enhance the ability to assess and address client / patient function. During this course you will learn a principle based approach to creating strategies for assessment / testing, prevention, training and rehabilitation to facilitate improved functional thresholds. This class is designed for all health professionals and applies to all client / patient populations.

Course Objectives:

The hips are the power source of the body in all forms of function including walking, running, pushing, pulling, throwing, catching, swinging, jumping, landing, etc. This fact is simple to concept when we view the large soft tissue mass surrounding the hip. Therefore we must appreciate the hips as a potential cause and/or compensation of many body dysfunctions. To assist in your exploration of assessing and designing solutions for the hip and its whole body functional influence we will share a principle-strategy-application process.

To accomplish the aforementioned participants will be empowered to learn:

1. A principle, strategy, technique process for the hip complex
2. Over 50 new hip techniques for all levels of patient / client
3. The science of "Tweakology" therefore empowering you to expand all techniques into specific applications
4. An introduction to Hip Functional Manual Reaction®

Topics include:

- 1) Functional principles that relate to the hip complex
 - a) Individuality and thresholds
 - b) Physical laws of nature...reactive vs. traditional anatomy, the difference and its application
 - c) Integration between the hip, and the rest of the body
 - d) Concept of motion-stability

- 2) **Practical strategies for the hip complex**
 - a) **How and why to position client / patient relative to needed task, activity, function**
 - b) **How to achieve the desired response**
 - c) **Gradually reduce stability while maintaining mobility...how far do we go?**

- 3) **Integrated hip programming (techniques)**
 - a) **The test is the exercise and the exercise is the test**
 - i) **Demonstrate integrated hip flexibility, stability, strength, power, endurance techniques**
 - (1) **Establish an individual threshold**
 - (2) **Utilize Functional Manual Reaction to enhance authentic function**
 - (3) **Utilizing the art of Tweakology, explore the infinite possibilities that exist yet being specific to what we observed during assessment**
 - (4) **Programming sequence**
 - (a) **Functional preparation**
 - (b) **Fundamental movement**
 - (c) **Enhancement movement**
 - (d) **Activity-Skill specific**

One Day Breakdown

7am	Registration / Set Up
8-930am	Principles of function applied to the hip complex
930-10	Strategies of function applied to the hip complex
10-10:15am	BREAK
10:15-12pm	Technique Lab
12-1pm	LUNCH
1-2:45pm	Technique Lab
2:45-3pm	BREAK
3-4	Technique Lab
4-5	Putting it all together...Program design
5-5:30	Questions, answers, review