

LIVE FUNCTION COURSE DESCRIPTION **FUNCTIONAL SHOULDER**

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. 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 shoulder joint is a joint that requires a tremendous amount of mobility on one hand and a tremendous amount of stability on the other hand. It is a miraculous joint that allows for a great amount of excursion of motion in ALL three planes, but at the same time, provides the stability for us to perform everyday tasks involving pushing, pulling, lifting, throwing, etc.

The shoulder complex is a great example of the need for just the right amount of motion, at the right time, in the right plane, in the right direction, for the right reason to accomplish the task at hand. To gain a greater understanding of the function of the shoulder complex, how the shoulder integrates with the entire kinetic chain we will share a principle-strategy-application process.

Participants will be empowered to learn:

- 1. Over 50 new shoulder techniques for all levels of patient / client**
- 2. The science of "Tweakology" therefore empowering you to expand all techniques into specific applications**
- 3. An introduction to Functional Manual Reaction®**

Topics include:

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

- 2) **Practical strategies for the shoulder 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 shoulder programming (techniques)**
 - a) **The test is the exercise and the exercise is the test**
 - i) **Demonstrate all six angulations at varying heights**
 - (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 the 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 shoulder complex
930-10	Strategies of function applied to the shoulder 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 (Questions, answers, review)