

## **LIVE FUNCTION COURSE DESCRIPTION** **FUNCTIONAL THORACIC SPINE**

### **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 thoracic spine provides the back bone to all functional activities although often overlooked when compared to the lumbar and cervical spine. Epidemiology of thoracic and posterior chest wall pain discomfort is poorly understood; studies indicate that this region accounts for between 10%-15% of spinal pain disorders in the general population however its dysfunction may lead to breakdown of other regions often overlooked-under studied. When viewed functionally and as one with the rest of the kinetic chain, we begin to appreciate how the thoracic spine dictates much of the function to the rest of the body and may be the *cause* of pain in other regions.

To gain a greater understanding of the function of the thoracic spine, how the thoracic spine integrates with the entire kinetic chain we will share a principle-strategy-application process.

### **Topics include:**

- 1) **Functional principles and concepts that relate to the thoracic spine**
  - a) **Reactive vs. traditional anatomy**
  - b) **Chain reaction biomechanics**
  - c) **Concept of mo-stability**

- 2) **Assessment / testing strategies for the thoracic spine**
  - a) **Anatomy specific to task specific**
  - b) **Analysis of the function of the thoracic spine**
    - i) **Thoracic spine in relation to itself and the chain**
    - ii) **Reaction of various drivers**
  - c) **Transformational zones**
- 3) **Integrated thoracic spine programming**
  - a) **Establish an individual threshold**
  - b) **Utilize assessment in programming**
  - c) **Enhance individual function**
  - d) **Programming sequence**
    - i) **Functional preparation**
    - ii) **Fundamental movement**
    - iii) **Enhancement movement**
    - iv) **Activity-Skill specific**

#### **One Day Breakdown**

<b>7am</b>	<b>Registration / Set Up</b>
<b>8-10am</b>	<b>Principles of function applied to the thoracic spine</b>
<b>10-10:15am</b>	<b>BREAK</b>
<b>10:15-12pm</b>	<b>Strategies of function applied to the thoracic spine</b>
<b>12-1pm</b>	<b>LUNCH</b>
<b>1-2pm</b>	<b>Functional Movement Reaction techniques for the thoracic spine</b>
<b>2-2:45pm</b>	<b>Fundamental techniques for the thoracic spine</b>
<b>2:45-3pm</b>	<b>BREAK</b>
<b>3-4</b>	<b>Enhancement / Skill techniques for the thoracic spine</b>
<b>4-5</b>	<b>Putting it all together...Program design</b>
<b>5-5:30</b>	<b>Questions, answers, review</b>