



**Functional Therapeutic Movement:  
Assessment and Rehab. Introduction & Lower  
limb.**

**Complete Sports Care - 249 Auburn Rd  
Hawthorn, Melbourne Australia 3123**

**March 5/6<sup>th</sup> 2016**

**Cost - AUS\$630**

**Please book at <http://www.cor-kinetic.com/physio/> (Can copy and paste)**

**This course is suitable for physiotherapists, osteopaths,  
sports & manual therapists and personal trainers.**

The world of therapy and rehabilitation is changing rapidly. The old bio mechanical and biomedical models are being updated to integrate modern pain and movement sciences and an understanding of the 'whole' of the human AND their brain and nervous systems.

The traditional anatomical view of pain, pathology and movement is slowly being eroded in light of new and compelling information. This combined approach deals with the Top Down (cognitive beliefs, perceptions, thoughts & fears) & Bottom up (free, fun, fearless, aware & skilful movement) to deal with all parts

of the HUMAN including their thinking and emotional side! This is designed to create physically and mentally robust and resilient patients.

We incorporate plausible modern pain, neuro and movement sciences into our evidence & research based 2 day course.

We know that meaningful patient related movement and movement in general helps. There often exists a gap however between the current science, research and evidence that refutes some of our previous understanding and teachings and usable clinical skills that fit with the modern biopsychosocial model.

Many therapists are overwhelmed by the shear complexity of the science and research. We will simply explain both.

*As Einstein said "if you can't explain it simply, you don't know it well enough!"*

We aim to fill this gap by bringing a cohesion and process to the tasks of understanding the interaction of the neuromatrix, CNS, component motor and sensory systems and biomechanical aspects of movement. Then using it to create simple functional & dynamic assessment techniques.

We then aim to turn this enhanced understanding of both the science and the patient in front of you into simple graded and progressive patient led techniques that don't need years of special training to implement such as in the traditional 'expert practitioner' model of yesterday.

A function-focused skill set is needed to take them from the treatment table back to playing sport, doing the gardening or just enjoying pain free movement.

Join us for a modern view of movement and how you can use it to better understand and help your patients.

This is a highly practical course focused on giving useable skills to apply in clinic straight away. These skills are based on modern science & research in the fields of movement, pain & exercise. We use lecture, practical and case studies to enhance learning outcomes.

### **Learning objectives**

- Learn a Top down (cognitive based) & Bottom up (movement based) combined approach to therapy that encompasses action & interaction.
- Understand impact of pain on movement and movement on pain & how to practically implement this knowledge
- To have a clear pathway for integrating pain science & movement/exercise into your treatments.
- Movement assessment tools progressing from simple screens, motor skill & proprioception to functional movement.
- Create realistic & effective self management programs for your patients

### **Key skills you will get from this course**

- A functional skill set fully integrated into your current clinical practice
- Starting to use 3 dimensional movement therapeutically within a framework of understanding of the CNS, modern pain science AND biomechanics.
- An easy to use assessment & treatment process laid out in clear, concise & progressive steps.
- An understanding of movement, exercise & S & C principles.
- Functional movement/exercise progressions & regressions.
- How to Manipulate modern exercise variables such as loads, speed, ROM, position & duration to achieve lasting physiological and CNS adaptations.

## **This will include**

- Learning how to correctly 'dose' or 'grade' movement according to the current state of your patients nervous system and then progressively load for increased resilience and confidence.
- Understanding the difference between a therapeutic movement approach and traditional gym or corrective exercises.
- A totally new approach to assessing, treating and rehabbing the ankle & hips with ready to use skills on Monday morning.
- Using movement that actually matters to your patients! Build on relevant and meaningful pain free movement to 'reframe' it to the CNS.
- Appreciating pains affect on the motor and sensory system and how to use graded and progressive movement to reverse it.

Ben Cormack owns and runs Cor-Kinetic, an educational company teaching assessment, rehab and treatment methods based in modern movement, pain and neuro sciences. Ben has been involved with rehab, therapy and performance for the past 15 years originally from a sports perspective but now pretty much for anyone!

*"I enjoyed Part 1 so much ...it is so refreshing to have substance and substance that matters and works when we are standing there in front of the patient. There is an awful lot of c..p out there which maybe suits a small percentage of the willing compliant population but not all. I think I have been able to use different components for most of my patients ..... I love the capacity diagram, variability etc etc and the patients get it.....A DAWNING comes across their face. When you asked at the end if anyone had any questions ....they don't because they get it and they have been bombarded with so much info and just want to get using it"* **Sarah Walker - Physio**

*"A very interesting and new way to think about the body and human movement. Refreshing information. Good explanations and thorough background theory, breakdown of content and rationale behind each assessment and framework of practice"* **Jen Pederick - Physio**

*"It creates a clear link between modern pain science and clinical practice, which I think is lacking in other courses"* **Sally – Physio**

*"I attended the cor-kinetic Functional Therapeutic Assessment course in Feb this year. I was struck by Ben's breadth and depth of knowledge and his ability to reason his approach based on evidence. The approach is very straight-forward and, to me, intuitive. I highly recommend this course for all therapists looking for a new practical tool to fill the gaps in conventional treatments and expose many of the fallacies that exist in common practice. This is likely to make you question many of the things you do in the clinic every day."* - **Terry Donahue Physio**

*"An excellent couple of days opening doors in to the world of modern pain science and integrating movement. The workshop was very well structured and made a huge impact on my current thinking. The content is delivered in a simple effective way so that you have tools to go away and implement the next day. I'm looking forward to part 2!"* **Chris Kitson - Osteopath**

*"Sussex County Cricket Club were thrilled to host Cor-Kinetic's Movement Assessment course. The course provided an insightful and alternative approach to functional movement, challenging traditional practices and creating new options in the assessment and management of movement"* - **Paul Khoury Head of Science & Medicine Sussex County Cricket Club**