



# THE MOVEMENT SOLUTION - BELGIUM

18-22 februari / 9-13 juni / 29 september-3 oktober 2016

**Programme: Sector 1**

**Koen Schoolmeesters**

## Identifying and retraining site and direction of uncontrolled movement

- Concepts / theory of movement function and dysfunction
- Principles of site and direction
- Practical application of identifying uncontrolled movement in terms of site and direction at the lumbar spine, cervical spine, SIJ and pelvis, hip & shoulder girdle
- Taping to support uncontrolled movement or facilitate motor relearning

## Home study / practical application

- Working through the practical application to identify and retrain site and direction of uncontrolled movement at the lumbar spine, cervical spine, SIJ and pelvis, hip & shoulder girdle
- Bring to sector 2, 2 case short case examples demonstrating within a clinical reasoning diagnostic framework the identification and retraining of uncontrolled movement in terms of site and direction (with reference to 10 questions) [Maximum 2 sides of A4]
- Revision of functional anatomy for global imbalance and the local muscle system
- Consideration of global imbalance in terms of site and direction of uncontrolled movement and indications for local stability retraining
- Studying literature to support the concept

## Programme: Sector 2

### Koen Schoolmeesters

Monday am: Hand in case examples

#### Global imbalance in the clinical reasoning framework

- Functional anatomy and biomechanics related to site and direction of uncontrolled movement
- Global muscle systems imbalance
  - Assessment and retraining of global stability muscle system to control range of movement
  - Assessment and retraining of global mobility muscle system extensibility
  - Myofascial trigger points
  - At the lumbar spine, cervical spine, SIJ and pelvis, hip & shoulder girdle
- Functional integration
- Give and restriction analysis
- Integration of all principles of assessment and retraining

#### Home study / practical application

- Working through practical application of assessment and retraining of the global muscle system
- Give and restriction analysis
- Bring to sector 3, 2 case short case examples demonstrating within a clinical reasoning framework the diagnosis of site and direction of uncontrolled movement, assessment and retraining of the global muscle system [Maximum 2 sides of A4]
- Consideration of indications for local stability retraining
- Studying literature to support the concept

## **Programme: Sector 3**

**Koen Schoolmeesters**

Monday am: Hand in case examples

### **The local muscle system**

- The theoretical and practical application of assessment and retraining of the local muscle system to control translation

### **Clinical judgment in the retraining of uncontrolled movement**

- Assessment and retraining of the local muscle system
- Give and restriction analysis
- Subgroups of core stability
- Clinical judgement
- Pain mechanisms and diagnosis of pain presenting mechanisms
- Tissue / pathology and diagnosis of likely complaining tissue (pathology)

**References can be found at:-**

**<http://www.kineticcontrol.com/page.php?Plv=2&P1=5&P2=8&P3=>**

## Become a Kinetic Control Movement Therapist (KCMT)

This is an opportunity for students who have completed The Movement Solution course to demonstrate their experiential learning and present their evidence for accreditation through Keele University and gain 30 Masters level credits.

Keele University: Accreditation of Prior Learning – APEL – (30 Masters level credits)

Once accredited and registered as a KCMT you can enjoy the following benefits:

- certification as a KCMT
- license to use name KCMT, Kinetic Control logo and trademark
- listing on the Kinetic Control website
- invitation to the annual KCMT training day (for a course fee)
- access to the KC extranet KCMT site which will hold some useful and updated KC material
- be part of our international network of colleagues
- option to buy update manuals

For full details see:

<http://www.kineticcontrol.com/page.php?Plv=1&P1=7&P2=&P3=>