**Webinar Motor control of the extremities – which are good tests and how to treat?**

Motor control / movement control is well known and strongly recommended in the treatment of the back and neck. How is it about the extremities; shoulder and lower extremity? What are good tests to evaluate the movement control? The role of relative flexibililty. What kind of exercises?

Objectives: At the end of this webinar, the participants will:

* Have a good understanding about relative flexibility in the shoulder area
* Know how to test scapula and glenohumeral interactions and be able to give specific exercise to patients with shoulder dysfunctions
* Know simple and well established tests for the motor control of lower extremity
* Be able to give clear advice for home exercises for common patients with lower extremitiy difficulties