FACULTY

Trent Brown, MOT, OTR/L, ATP, BCG, is a practicing therapist in Utah and is 1 of 24 credential holders of a board certification in gerontology (BCG) from the AOTA. Trent has worked in transitional rehab, acute care, skilled nursing, and home health over the course of his career. His master's thesis, "Performance of ADL's, functional activity, mobility, and confidence levels following total hip arthroplasty", was the launching pad for his future clinical focus and passion. Trent has centered his practice on research, exercise, and activity to promote safety and outcomes during functional mobility and activity with adult and geriatric populations.

Trent served as vice president of the Utah Occupational Therapy Association (UOTA), where he helped co-author the new Utah Occupational Therapy Practice Act. He has received APTA approval as a certified continuing education presenter and teaches at the University of Utah as an adjunct professor. Additionally, he has provided continuing education courses for thousands of clinicians throughout the country. His lectures incorporate hands-on labs, including joint arthroplasty, core strengthening, documentation, aging, and fall reduction.

AUDIENCE

This course is intended for PTs, PTAs, OTs, OTAs and ATs
NOTE: Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.

OBJECTIVES

Identify functional movement patterns in all anatomical planes based on patient posture, positioning, and aging.

Demonstrate standardized core and trunk assessments.

Develop a comprehensive, evidence-based treatment plan to improve stability and mobility for all ages and diagnosis through lab implementation.

Identify core-based activities and exercises based on research and current evidence to promote independence with sit-stand, transfers, ADL's and dynamic standing tasks.

Demonstrate stability and dynamic based core treatment strategies during labs to develop an evolutionary plan of care and to promote functional outcomes.

Identify common associations of dysfunctional posture in the cervical and thoracic regions and how it impacts biomechanical, social, cognitive, and mental effects of participation in life.

Demonstrate standardized assessments to accurately measure cervical FHP and thoracic Kyphosis in minutes.

Evaluate evidence-based postural activities to inhibit, lengthen, and activate specific anatomy to limit or reverse dysfunctional FHP and kyphosis.

DATES AND LOCATIONS

Aug. 9/10	**Seattle, WA** VA Medical Center
Sept. 13/14	**Boston, MA (S. Weymouth)** South Shore Hospital
Oct. 4/5	**Little Rock, AR** Baptist Health Rehab

DESCRIPTION

Core" is one of the most misunderstood terms in therapy, medicine, and athletics. Even advanced clinicians limit their understanding of the core by using definitions based on anatomical geography. Redefining and better understanding the core with a functional emphasis using neglected principles of stability and mobility opens the power of clinical outcomes, a resurgence of understanding, and reduced postural dysfunction. This course will specifically redefine the core, emphasizing function and individual patient analysis. Attendees will learn how to incorporate evidence-based treatment evolving from supine to seated to standing activities and exercises. Emphasis on current physiological research will be incorporated to ensure proper use of treatment strategies. Multiple standardized assessments will be addressed to demonstrate improvement in core utilization, improving ADLs and function. Additionally, this course will expand the learned core principles into cervical, thoracic, and pelvic postural alignment. Postural deviations have been linked to pain, falls, mental illness, reduced cognitive function, and general discomfort among all populations. Recently, forward head posture and hyperkyphosis have increased among all populations, partially due to sedentary lifestyles and electronic device use. This course will study the anatomical and functional causes of poor posture. We will analyze imaging of common pelvic, thoracic, and cervical postural dysfunction. We will learn how to measure kyphosis and forward head posture utilizing fast, repeatable, and acceptable strategies. Finally, fill your toolbox with evidence-based manual treatment strategies to inhibit, lengthen, and activate specific structures for long-term successful correction of the most common postural deviations seen in the clinical setting.

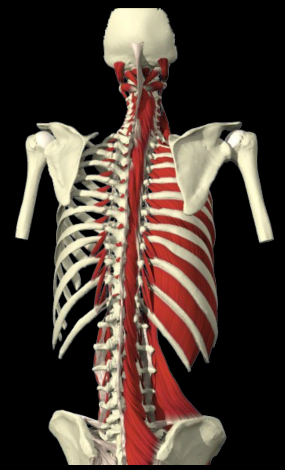
FUNCTIONAL CORE STRATEGIES TO MAXIMIZE STABILITY, MOBILITY, & POSTURE

An Intensive Lab Course to Improve Functional Outcomes

FACULTY

TRENT BROWN

MOT, OTR/L, ATP, BCG



THERAPY **NETWORK** SEMINARS

www.TNSeminars.com

AGENDA

DAY 1

8:00 Continental Breakfast and Registration
8:30 "CORE" TRENDS AND RESEARCH
- The impact of aging, lifestyle/bedrest & lack of core emphasis
- Trends and Current Evidence • Pyramid (order) of Core Contraction and Spinal Stability
- Where is all the evidence and where does it miss the mark?

9:15 DEFINING OF THE CORE
- Superior/Central/Inferior core (re-defining the core)
- Core disassociation vs. dissemination
- Stabilizers vs. Mobilizers (which is more important)

10:00 EVIDENCE–BASED CORE/EXERCISE PRINCIPLES
- Upper and Lower Crossed Syndrome (Kinetic Chain) (HANDS-ON LAB/PRACTICE)
- CRAC theory, Exercise Dosage, Motor Unit Recruitment, Reciprocal Innervation, Fiber Type and Emphasis (I-IIA-IIX-IIB)

10:30 BREAK
10:45 CORE STANDARDIZED ASSESSMENT
- Trunk Impairment Scale (HANDS-ON LAB/PRACTICE)
- Posture Assessment Scale for Stroke-Trunk Control
- Bent-Knee Fall Out, Side-lying SLR, and Three-Plane Core Test

11:30 (HANDS-ON LAB/PRACTICE) SUPINE STABILITY
- Imprinting/Abdominal Ball Press (sagittal plane)
- Trochanter Tension (frontal Plane)
- Supine Toby Twister and Isometric Log Roll (transverse plane)

12:00 LUNCH (On your own)
1:00 SUPINE STABILITY - CONTINUED
1:30 SEATED STABILITY
- Dolphin (dissemination modified side plank)
- Seated Toby Twister (HANDS-ON LAB/PRACTICE)
- Stable Reaction Ball Drop (single-multi-planer)

2:15 STANDING STABILITY
- Modified Standing Plank (core dissemination)
- Modified Codman Plank (pre-gait)
- Standing Toby Twister (HANDS-ON LAB/PRACTICE)
- Stable Reaction Ball Drop (single multi-planer)

3:00 (HANDS-ON LAB/PRACTICE) SUPINE MOBILITY
- ASIS Press (manual single-planer joint mob)
- Superior Scapular Elevation

3:45 BREAK
4:00 (HANDS-ON LAB/PRACTICE) SEATED MOBILITY
- Quad sit-up (closed chain/WB emphasis)
- Lateral Reach
- Toby Twister
- Mobile Reaction Ball Drop (single multi-planer)

4:30 STANDING MOBILITY
- Flex/Ext with Pelvic Resistance
- Dynamic Lateral Side Bend
- PNF Pattern ObjectTransport

(HANDS-ON LAB/PRACTICE)
- Mobile Reaction Ball Drop (single and multi-planer)

5:00 FUNCTIONAL IMPLICATION (APPLIED PRACTICE)
5:15 CASE STUDY, Q/A AND DOCUMENTATION
5:30 ADJOURN

DAY 2

8:00 IMPACT OF POOR POSTURE (CERVICAL AND THORACIC)
- Causes (Vocation, Injury, Genetics, Mood, Age, etc.)
- Posture of Aging (Muscle Fiber Shortening)

(HANDS-ON LAB/PRACTICE)
- Impact (Pain, Biomechanics, Eye Gaze, Social Participation, Depression, Cognition)
- Power Posture Poses (PPP) and Health

9:00 POSTURAL EXERCISES AND ACTIVITIES
- Evidence Based Approaches

9:30 CERVICAL POSTURE (FORWARD HEAD POSTURE – FHP)
- Standardized Assessments to Measure FHP

(HANDS-ON LAB/PRACTICE)
10:00 BREAK
10:15 CERVICAL POSTURE CORRECTIONAL ACTIVITIES/ EXERCISES
- NASM approach (Inhibit-Lengthen-Activate-Integrate)

(HANDS-ON LAB/PRACTICE)
- Posture of Aging (Muscle Fiber Shortening)

12:00 LUNCH (On your own)
1:00 THORACIC POSTURE (KYPHOSIS or HYPERKYPHOSIS – HKP)
- Standardized Assessments to Measure HKP

1:30 THORACIC POSTURE CORRECTIONAL ACTIVITIES/ EXERCISES
- NASM approach (Inhibit-Lengthen-Activate-Integrate)

(HANDS-ON LAB/PRACTICE)
3:00 BREAK
3:15 THORACIC POSTURE CORRECTIONAL ACTIVITIES/ EXERCISES (continued)
- Sahrmann approach (Exercises-Target-Load-Equipment)

4:15 CASE STUDY, Q/A AND DOCUMENTATION
5:00 COURSE EVALUATION AND ADJOURN

EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours/1.5 CEUs** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT, ATs and Assistants.**

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American Occupational Therapy Association
Approved Provider

REGISTRATION

Functional Core

Please note the course location you are attending:
***** _____

Bring a Buddy Registration: $495 p/p
(No Deadline) Must be done simultaneously

Early Registration: $545
Postmarked **30 days** prior to date of course

Late Registration: $595
Postmarked within 30 days of course date

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CANCELLATION POLICY: Registration fee less a $75 administrative charge is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT responsible for registrants non-refundable airfare, accommodations or fees.