



MODULE 4: MUSCLE SYNERGIES TARGETING MUSCLE SYNERGIES TO OPTIMISE MOVEMENT RETRAINING FOR THE LOW BACK & HIP

Abu Dhabi-

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COURSE INTRODUCTION

This module develops clinicians' ability to exert the greatest change on their patients' movement, chance of recurrence and function by focusing upon muscle synergies of the low back and hip.

Literature is increasingly identifying the relationship between muscle synergies and altered movement quality in the presence of pain, a history of pain and compromised function. The course gives clinicians the skillset, the understanding and a systemized framework to efficiently facilitate changes in muscle synergies so as to reverse the frequently observed recruitment impairments.

Clinical tools of assessment and movement retraining are directed towards altering contributions of synergistic muscles, a process ensuring patients can move through each day with a more optimal set of movement patterns, meeting the demands of function without pain and a reduced chance of recurrence.

COURSE OVERVIEW

The main focus of this course is to enhance clinicians' abilities to change their patients' muscle synergies to reduce pain, the effects of pathology, and the impact of compromised function.,

A systemized framework of movement management is presented and applied, including a model of muscle synergy classification. This model helps steer clinical decision making, retraining design and delivery and patients' long-term outcomes.

Clinicians gain an enhanced ability to analyse and subsequently alter muscle synergies. As all functional movement utilises synergistic patterns, the clinical value of this course's content is to supply the tools to positively influence multi-joint in function.

KEY FEATURES

- Enhances ability to assess and retrain muscle synergies associated to pain, pathology and compromised function of the low back and hip
- Develops clinicians' cueing and facilitation skillset to positively impact movement impairments attributable to altered muscle synergies
- Supplies clinical skills to give patients strategies to reduce recurrence and maintain function

- Gives therapists the skills, tools and understanding to choose movement assessment and retraining as the clinical intervention of choice

LEARNING OUTCOMES

At the end of this course the participant should be able to:

- Demonstrate the skills allowing them to change patients' movement through the assessment and retraining of muscle synergies
- Relate muscle synergy recruitment patterns to pain, recurrence and compromised function
- Demonstrate an ability to assess muscle synergy efficiency
- Demonstrate an ability to retrain muscle synergy efficiency
- Demonstrate the ability to assess for loss of extensibility and aberrant recruitment substitutions of dominant synergists
- Display options for movement retraining in addition to acquiring the ability to match the level of retraining to your patient's abilities and goals

- Operate within a structured clinical reasoning framework to help patients achieve their outcomes

Program Tutor

JACQUELINE SWART

Jacqueline completed her physiotherapy degree from the University of Pretoria in South Africa.

She completed the Orthopaedic Manual Therapy course in 1998 and has presented as a lecturer on this course for more than 10 years. She is also a qualified Pilates instructor and uses the studio equipment as part of her specific movement retraining. She qualified as a Kinetic Control Movement Therapist and Accredited Tutor in 2012 and is passionate about sharing the message about the importance of movement control and movement health with her colleagues in South Africa.

