



KC MOVEMENT MODULE

Local Muscle synergy Module

MANAGING TRANSLATION THROUGH LOCAL MUSCLE SYNERGISTS

Cairo-Egypt
29-30 June 2019

COURSE INTRODUCTION

Hip, shoulder and spine recurrence impacts performance and function across the board. Despite the use of hands-on and movement interventions combined, symptoms often return. Global and local muscle retraining both have an essential role in the management of recurrence and regaining the best function for the individual. Deciding where to start, global or the local muscles retraining, to achieve the best outcome, can be guided by assessment. In the presence of recurrence, a finer resolution of movement assessment is required, guiding a more bespoke process of retraining.

This course gives clinicians the ability to identify exactly why, when and how to assess and retrain the local muscle synergists to manage translation control deficits within their patients. It supplies targeted retraining strategies to manage episodes of recurrence at the neck, shoulder, hip and low back. This course supplies contemporary clinical application of research, and questions many of long-held beliefs regarding the assessment, retraining and function of muscles possessing a 'translation control' role.

Practical skills will be gained in changing the impairments in local muscle recruitment to reduce recurrence and restore confident, sustained pain-free function with a particular focus on the hip, shoulder, neck and low back.

COURSE OVERVIEW

The course identifies how individuals can be identified who will respond to local muscle retraining, allowing for a more effective and time efficient rehab intervention. The course introduces specific cognitive retraining strategies to change local stabilizer muscle recruitment, emphasizing the need to progress into day to day function. Reducing recurrence and restoring confident, sustained pain-free function through targeted retraining of the local stabilizer system is the underpinning aim of the course.

KEY FEATURES

- Identifies individuals whose symptoms respond to local muscle retraining, improving clinical decision-making processes regarding who should start with early or late, local muscle training in rehab
- Supplies targeted retraining interventions, allowing clinicians to be increasingly time efficient in addressing patients' recurrence risk
- Supplies therapists with clinical reasoning and skill set to manage the complexities of deficits within local stabilizer muscle synergists
- Develops skills to successfully use clinical tools and a movement focused framework to change the mechanisms of movement impairment associated to local stabilizer muscle system
- Allows for integration of translation control retraining alongside other movement interventions

LEARNING OUTCOMES

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

- Demonstrate the ability to assess and retrain impairments in the local stabilizer muscle system related to a patient's risk of recurrence.
- Demonstrate an ability to employ a clinical reasoning framework to identify which patients require this approach and when.
- Demonstrate enhanced skills of cueing and recruitment facilitation.
- Demonstrate an ability to critically appraise the current employment of local stabilizer muscle assessment and retraining in light of the current body of evidence

PROGRAMME OUTLINE

- Why movement matters to the local muscle system and vice versa. Review function of the local stabilizer muscles in providing protective control of inter-segmental displacement in functional movements
- Review anatomy and function of local stabilizer muscles of low back, hip, neck and shoulder
- Review roles of normal local stabilizer muscles and how they can be altered in the presence of pain and impairment.
- Examine the evidence for impairment of these muscles associated to pain and history of recurrent pain
- Principles of the clinical evaluation of recruitment efficiency of local stabilizer muscles
- Assessment and retraining of local stabilizer muscle system of low back, hip, neck and shoulder to reduce recurrence and restore confident, sustained pain-free function

We will cover

- Principles and strategies of retraining local stabilizer recruitment efficiency to control inter-segmental displacement and segmental translation at the hip, shoulder and neck and low back/pelvis
- Identifying optimal retraining strategies and progressions for local stabilizer retraining of low back, hip, neck and shoulder
- Applying motor learning strategies for cognitive recruitment efficiency of the local stabilizer muscles of low back, hip, neck and shoulder
- Matching recruitment efficiency retraining to the client's / patient's goals and priorities

PROGRAM TUTOR

BEATE STINDT

After her initial exposure to Kinetic Control in her native South Africa, Beate was so inspired by the systemized movement focused process she took the decision to move to the UK to further her skills.

As part of the tutor team, her extensive clinical experience and belief in the system helps other physios from all over the world to see movement and its potential through the lens of Kinetic Control.



PROGRAMME

DAY 1:

9.00 – 9.30:	Evaluation of movement
9.30 - 10.30:	Function and impairments in local muscle system
10.30 -10.50:	Coffee
10.50 - 12.30:	Principles of testing for recruitment efficiency of local muscle system. The process of testing recruitment efficiency of local muscle system Clinical testing of cognitive recruitment efficiency of the local stabiliser muscles of the low back.
12.30 - 13.30:	Lunch
13.30 - 15.00:	Clinical testing of cognitive recruitment efficiency of the local stabiliser muscles of the low back.
15.00 - 15.20:	Tea
15.20 – 17.00:	Continue

DAY 2:

9.00 – 10.30:	Clinical testing of cognitive recruitment efficiency of the local stabiliser muscles of the hip
10.30 - 10.50:	Coffee
10.50– 12.30:	Clinical testing of cognitive recruitment efficiency of the local stabiliser muscles of the hip / neck 12.30 - 13.30 Lunch
13.30 - 15.00:	Clinical testing of cognitive recruitment efficiency of the local stabiliser muscles of the neck
15.00 - 15.20:	Tea
15.30 – 16.00 /17.00:	Matching movement retraining solutions to the client's / patient's goals and priorities. Where next?

(programme subject to change)