

RESTORING FUNCTIONAL MOVEMENT OF THE UPPER EXTREMITY



Featuring

Jennifer Camhi PT, DPT, OCS, ATC

Saturday, June 22, 2019

7:30 a.m. - 5:30 p.m.

Professional PT – Penn Plaza [Inside Blink Fitness]
27 West 30th St., New York, NY 10001

Upon completing this course, participants will be able to:

- Appreciate and discuss how functional movement applies to the rehab client, and what types of rehab clients will benefit from movement retraining
- Discuss the core and its role as it relates to functional posture and movement, including the fundamental connection between breath, breathing, and posture
- Demonstrate knowledge of kinetic linking and discuss injury risk relative to energy leaks, including the cause and source of clinical symptoms, and the influence that posture has on the quality of upper quarter movement patterns
- Identify common upper quarter compensatory movement patterns through observation of static and active postural traits, and how they relate to injury and function
- Demonstrate understanding of exercise progressions and regressions for promotion of functional overhead shoulder ranges of motion using efficient strategies for coaching, cueing, and programming
- Appreciate and discuss the relationship of the upper quarter, the core, and the lower quarter as they relate together for the production of kinetic linking and functional movement.

Who should attend?

Physical Therapists, Physical Therapy Assistants, Athletic Trainers, and Certified Strength and Conditioning Specialists

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COURSE INFO

AGENDA

7:30-8:00	CHECK-IN & REGISTRATION (Continental Breakfast)
8:00-9:00	INTRODUCTION TO MOVEMENT & MOVEMENT ASSESSMENT (Lecture) Functional Movement: why, how, and who of movement; assessing function Anatomical Foundations: the functional core; posture and core Form and Function: building better posture; postural anatomy Basic Principles of Assessment Training Movement: assessment, isolation, movement dissociation and compilation
9:00-9:45	UPPER QUARTER POSTURE AND ASSESSMENT (Lecture) Static Postural Assessment: an application of practical posture Lab I Preview: introduction of postural based and movement-based assessment techniques and rationale
9:45-10:00	BREAK
10:00-12:15	MOVEMENT-BASED ASSESSMENT TECHNIQUES (Lab) <ol style="list-style-type: none">1. static postural assessment2. standing overhead elevation3. standing resisted up. rot.4. standing ER at Odeg5. supine IR/ER @ 90/90 (A&P)6. CKC stability assessment7. EOR overhead static hold
12:15-1:15	LUNCH
1:15-2:15	MOVEMENT CORRECTIVES (Lecture) UQ mechanics, roles, & relationships Postural correctives Lab II Preview: Movement-based corrective Strategies
2:15-4:15	UQ corrective strategies - (Lab) (Inc. 15 min Break) <ol style="list-style-type: none">1. postural education/corrections2. humeral head stabilization3. scapular upward rotation activation4. closed-kinetic chain training5. overhead stabilization training6. upper quarter pulling
4:15-5:30	MAKING MOVEMENT WORK (Lecture) Programming Movement: the myofascial connection and exercise prescription A Discussion of Common Upper Extremity Injuries: case study presentation In Summary: an ode to movement questions / evaluations

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MORE INFORMATION

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PRESENTER BIO



Jennifer Camhi PT, DPT, OCS, ATC, Jennifer received her Doctor of Physical Therapy degree in 2005 from A.T. Still University in Mesa, Arizona. She joined Athletes' Performance (now rebranded as Exos) in January of 2006. In 2008 she became the Head of Physical Therapy Education, and Manager of Physical Therapy at their flagship location in Phoenix.

Jennifer is a Board Certified Orthopedic Clinical Specialist, a Functional Movement Screen Certified Specialist, and is certified in Dry Needling for both Pain and Sports Trauma. While at Athletes' Performance, she had the opportunity to work with top professional and elite-level athletes evaluating dysfunctional movement patterns and focusing on corrective exercises for return to sport activity. Jennifer has lectured in a variety of settings and at national conferences on the topics of functional movement, rehabilitation and return to sports specific activity, both nationally and internationally. Originally from Newport Beach, California, Jennifer completed her undergraduate studies at Oregon State University with a BS in Exercise Science and Athletic Training. She still maintains her athletic training certification in addition to her other credentials.

REGISTER EARLY, SPACE IS LIMITED!!

\$299 Standard Single Registration

\$249 Early Bird Registration (Ends: June 4, 2019)

\$159 Student Single Registration

\$99 Student Early Bird Reg. (Ends: June 4, 2019)

Registration Closes: Monday, June 17, 2019

CEU INFORMATION:

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