

The Core Stability, Breathing, and Training



An Evidence Based Course to Improve Functional Movement and Independence

Presented by

John Wilson, PT, DPT, MA, CSCS

PT, OT, PTA, and AT-Continuing Education Course

North American Seminars, Inc.

1-800-300-5512

Fax 1-800-310-5920

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Certificates of attendance for CEU verification are provided after successful completion of the course.

This course is 7.5 contact hours/.75 ceu's

This course is 8.45 contact hours/.845 ceu's for therapists licensed in Illinois, New York, or the District of Columbia

This course is applicable for PT's, PTA's, OT's, OTA's, AT's.

This course meets the continuing education requirements for The Nevada Board of Physical Therapy examiners for .75 continuing education units. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 7.5 hrs. .75 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the continuing education requirements for OT license renewal in the State of California. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider #1907038TX** and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 7.5 ccu's. FL OT provider # 50-1442. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 7.5. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047, call for category classification approval.**

		Day One	
8:00	8:30	Introduction (Lecture)	<ul style="list-style-type: none"> • The core what is it? • Breathing and the core • Posture and stability
8:30	10:45	Breathing: Stabilization and Respiration (Lecture/Lab)	<ul style="list-style-type: none"> • Respiration vs breathing • Diaphragm • Breathing patterns: functional vs dysfunctional patterns • Musculoskeletal restrictions- cervical-thoracic region, ribs • Breathing - LAB #1 Respiration • Breathing - LAB #2 Postural stabilization • Breathing-LAB # 3 • Breathing - Synchronizing breathing patterns with functional movement • Thoracolumbar stabilization LAB
10:45	11:00	Break	
11:00	12:00	Inner/Outer Core Anatomy	<ul style="list-style-type: none"> • Biceps MMT - LAB • Reflexive stabilization - LAB- Slings/fascia • Prone crawl reach - LAB • Rotational stability central pillar - LAB
12:00	1:00	Lunch (on your own)	

		Day One (continued)	
1:00	2:00	Core Stability Assessment	<ul style="list-style-type: none"> • The core how do we test? • Rotational stability • Lift Off Test - LAB • Optimal core stabilization strategy • Unloaded squat activity - LAB
2:00	3:00	Core Training	<ul style="list-style-type: none"> • Neutral spine - LAB • Lumbopelvic disassociation - LAB
3:00	3:15	Break	
3:15	4:45	Core Training (continued)	<ul style="list-style-type: none"> • Dying bug progression - LAB • Sideplank - LAB • Walkouts, RNT, Pall of Press - LAB • Chop/lift - LAB • Quadruped crawl progressions - LAB
4:45	5:00	Summary/Conclusion	



About the Educator

John Wilson, PT, DPT, MA, CSCS, earned his Masters degree in Physical Therapy from Loma Linda University in 1998. He has been an exercise physiologist for the past 23 years, earning a Masters degree in Applied Exercise Physiology from San Diego State University in 1993. John completed his Post Professional Clinical Doctorate of Physical Therapy program at Western University of Health Sciences in 2005. Dr. Wilson also is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Early in his career John focused on outpatient orthopedics and performance training. He spent two years as a research assistant at The Kasch Exercise Physiology Laboratory conducting performance testing/training of professional athletes (including the NFL Chargers) and exercise prescription of seniors in a community wellness program. Though still active working with athletes, John's emphasis the past decade has focused on orthopedics and neurological movement disorders. Having completed advanced coursework in neurological rehabilitation and gait, he noted immediate improvement in his orthopedic and sports medicine outcomes. John has been providing strength training, mobility and movement patterns courses nationally since 2004.

Dr. Wilson has brought his performance approach to the therapy population. Utilizing dynamic movement analyses, progressive resistive strength training, manual therapy and prescribed corrective exercises, combined with outcomes research, evidence-based practice and professional experience ensures efficient and effective outcomes for rehabilitation patients.

Why You Should Attend This Course

This intermediate level, one-day course challenges the clinician to focus on coordinating breathing control and core stabilization concepts to optimize functional mobility and performance. The neuromuscular techniques that enhance the synergistic function between breathing patterns, stabilization and coordination can be applied to patients in a variety of settings from acute care to the pro athlete.

The missing component of many rehab programs is the coordination between optimizing correct breathing patterns with specific musculoskeletal movements. The body will always choose the act of breathing over stabilization, any type of dysfunctional breathing patterns will degrade movement quality and functional ability. This class will evaluate the purpose of the core including stability and breathing, and the diaphragms dual role. Stabilization and breathing strategies will be assessed, corrected and progressed utilizing proprioceptively enriched hands on labs to promote proper movement patterns in all patients. This coordinated control between breathing and core stabilization will progress a patient toward more energy efficient functional movement for patients with a variety of conditions. This synchronized treatment approach will not only enhance functional movement, it will enable the patient to perform activities in a more energy efficient manner.

A few of concepts that will be taught and practiced during this lab based course include appropriate synchronizing breathing patterns with functional motion, postural positioning, reflexive stabilization, isometric rotational stability, proprioceptive facilitation, irradiation, approximation, and core integration with prime movers. Applications of techniques will cover beginning core activation for the post-op or ICU patient in supine position all the way to the high level performance client utilizing asymmetric positions.

Course Objectives

Upon completion of this course, participants will be able to:

- Discuss the concepts of the working model of the core
- Identify how to reflexively activate the core using facilitation and approximation
- Assess respiration and stabilization patterns and develop corrections to optimize performance.
- Identify musculoskeletal restriction in the cervical-thoracic region that may impede proper breathing patterns and functional movement and utilize techniques to restore to a more function
- Identify the most appropriate low level core activation activities that can be utilized to improve the functional movement for patients in ICU, acute and SNF settings
- Identify the most appropriate core activation activities that can be utilized to improve the functional movement for patients in outpatient orthopedic and sports programs
- Perform manual techniques to improve synchronized breathing patterns with core stabilization strategies
- Develop rehab programs that train and progress core stability with functional movements

The Core



Name _____ Profession _____
Home Address _____
City _____ State _____ Zip _____
Credit Card _____
Exp.date _____ CVV _____ Phone(req) _____
e-mail (required) _____
Location of attendance _____

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