Kinetic Chain Evaluation and Functional Exercise Approaches: A Lab Based Course

Rehabilitation Institute of Chicago Academy
www.ric.org/education

Rehabilitation Institute of Chicago has been ranked “Best Rehabilitation Hospital in America" every year since 1991 by U.S. News & World Report.

Wesley M. & Suzanne S. Dixon
Education and Training Center

December 5-6, 2011
Heyworth Room, 2nd Floor
Rehabilitation Institute of Chicago
345 East Superior Street
Chicago, Illinois
Kinetic Chain Evaluation and Functional Exercise Approaches: A Lab Based Course

THE BEST REHABILITATION HOSPITAL... MEANS THE BEST REHABILITATION EDUCATION.

The Rehabilitation Institute of Chicago (RIC) is ranked the “Best Rehabilitation Hospital in America,” in part because it fully integrates research, clinical care, and education, through the Continuing Education (CE) programs offer by the RIC Academy.

The RIC Academy CE programs help you stay at the forefront of your field. The curriculum is grounded in evidence-based practice—developed using the latest research, clinical principles and hands-on techniques that have been proven to benefit patient outcomes. RIC Academy courses are taught by multi-disciplinary teams of recognized specialists, from RIC, and visiting experts from across the country and around the world.

COURSE DESCRIPTION

This two day course covers information critical to the assessment and treatment of Kinetic Chain Impairments and restoration of Kinetic Chain function for patients with musculoskeletal pain. A classification system based on kinetic chain function will be discussed along with connective tissue healing and repair guidelines as a basis to dictate treatment and prescribe functional exercise strategies. Kinetic Chain tests will be presented and practiced to gain observational skill of functional biomechanics of the Deep Core, Lower and Upper Extremity. Exercises comprised of functional stretching and strengthening will be discussed, practiced and applied to clinical patient cases. A take home DVD of kinetic chain exercises will be included in the learning materials.

WHO SHOULD ATTEND

Physical and Occupational Therapists, Physical Therapist Assistants, Occupational Therapy Assistants, Athletic Trainers, Chiropractors, and any other practitioners who are involved in treating pain and restoring Kinetic Chain Function.

COURSE OBJECTIVES

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

- **Differentiate** clinical features and intervention for inflammation and ischemic pain mechanisms
- **Explain** a base series of Kinetic Chain tests used to rule out kinetic impairment as a possible contributor to continued loss of function or decreased performance.
- **Practice** Kinetic Chain Tests through observation and active participation to improve patient lower and upper body functional biomechanics.
- **Discuss** and practice common lower, upper body and deep core exercises
FACULTY FROM THE REHABILITATION INSTITUTE OF CHICAGO

Annie O’Connor, PT, OCS, Cert. MDT is the Corporate Director of the Musculoskeletal Practice. Annie is currently co-authoring a musculoskeletal pain textbook with Melissa Kolski, MSPT, OCS, Dip MDT. She was instrumental in establishing the Allied Health’s Clinical Diagnostic Approach for Musculoskeletal Pain Mechanisms at RIC. She continues to treat both orthopedic and neurological patients and canines with Musculoskeletal Pain in order to achieve the best life possible.

Melissa Kolski, PT, OCS, Dip MDT Melissa has over 11 years of clinical experience with a specialty interest in spine care and treatment of patients with musculoskeletal pain and dysfunction. She is a board certified orthopedic specialist and Diplomate in mechanical diagnosis and therapy. She is currently co-authoring a musculoskeletal pain textbook with Annie O’Connor, PT, OCS, Cert. MDT. For the last 5 years, Melissa has co-taught the Kinetic Chain course with Annie.

Joven Cerdenia, PT, M.HlthSc, GCS, NCS has over 15 years of clinical experience in various settings. For the last 2 years, he has worked as a research physical therapist in the Single Motor Unit Laboratory of RIC’s Sensory Motor Performance Program and for 5 years, as a clinical physical therapist in the RIC outpatient program in Northbrook, IL.

Gayatri Mathur, PT is a research Physical Therapist in the Rehab Technologies and Outcomes lab (RIC) and a clinical therapist at the outpatient program in Northbrook. She has over 20 years of clinical experience and has taught in various programs internationally and in the United States.

Marvin G. Ventura PT, MPhtySt (Sports Phty), OCS is a physical therapist in the RIC outpatient program in Northbrook, IL. Marvin has over 13 years of clinical experience and has been a faculty member and researcher in the Philippines prior to working in the United States.

AGENDA

Monday, December 5, 2011

7:30am Registration
1st floor Lobby
Rehabilitation Institute of Chicago

Continental Breakfast
Heyworth Room (2nd floor)

7:50 Welcome and Introduction

8:00 Introduction to Classification systems
Diagnosis & Treatment of Musculoskeletal Pain Mechanisms

9:00 Kinetic Chain: The Lower Limb Evidence

9:15 Kinetic Chain Evaluation
• Single Limb Squat
• Step Down
9:45  
**Break**

10:00  
*Kinetic Chain Evaluation Workshop I*
- Single Limb Squat
- Step Down
- Calf Raise/Sit to Stand

11:15  
*Kinetic Chain: The Core Evidence*

11:30  
*Kinetic Chain Evaluation*
- Deep Core
- Pelvic Translation
- Eccentric Core & Hip

12:00  
**Lunch** (On your own)

1:15  
*Kinetic Chain Evaluation Workshop II*
- Deep Core
- Pelvic Translation
- Eccentric Core & Hip

2:45  
**Break**

3:00  
*Kinetic Chain: The Upper Limb Evidence*

3:15  
*Kinetic Chain Evaluation*
- Scapular Reaction
- SICK scapula

3:45  
*Kinetic Chain Evaluation Workshop III*
- Scapular Reaction
- SICK scapula

5:00  
**Adjourn**

**Tuesday, December 6, 2011**

7:30 am  
*Continental Breakfast*
**Heyworth Rooms (2nd floor)**
Rehabilitation Institute of Chicago

8:00  
*Introduction to Deep Core Activation*

9:00  
*Deep Core Activation Progression Workshop*

10:15  
**Break**

10:30  
*Introduction to LE Functional Exercise*

11:30  
**Lunch** (on your own)

12:45  
*Functional Exercise Workshop—Lower Body*
2:00 Introduction to UE Functional Exercise- Upper Body
3:00 Break
3:15 pm Functional Exercise Workshop- Upper Body
4:30 pm Wrap up / Questions
5:00 Conclusion

IMPORTANT NOTE FOR LABORATORY SESSIONS:
Please bring necessary clothing: bathing suits, shorts, sports bra.

TUITION
To qualify for group discount rates (you do not have to be from the same facility), students must mail or fax the group’s registrations together.

<table>
<thead>
<tr>
<th>Number of Students</th>
<th>Tuition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$595.00</td>
</tr>
<tr>
<td>2 to 4</td>
<td>$575.00</td>
</tr>
<tr>
<td>5 or more</td>
<td>$555.00</td>
</tr>
</tbody>
</table>

LOCATION
The program will be held at the Rehabilitation Institute of Chicago, Heyworth Rooms (2nd floor). The conference site is wheelchair accessible. Accessible materials, sign language interpretation and personal assistance are available with at least 45-days advance notice.

HOUSING
Rooms have been reserved at the Avenue Crowne Plaza Chicago Downtown Hotel, 160 East Huron Street, Chicago, Illinois. The Avenue Crowne Plaza Chicago Downtown Hotel is located 1½ blocks from RIC. Please contact their reservations department from 9:00 am until 5:00 pm at (312) 787-2900 and indicate that you are attending this course in order to receive the corporate rate of $89.00 for Deluxe king (single or double occupancy), $109.00 for a two queen beds in the room plus 15.4% tax. The daily rate for parking at the Avenue is $49.00/ day. The cut-off date for room reservations is November 10, 2011.

The room block could reach its maximum before the above cut-off dates. Rooms and rates revert to a space-available basis after the room block has reached its maximum or after the cut-off date.

REFUND POLICY
Refunds must be in writing. Refunds less a 20% administrative charge will be given until November 28, 2011. RIC reserves the right to cancel or change any programs for due cause. Cancellation of a program by RIC will result in a full refund of tuition. RIC is not responsible
for the refund of travel or hotel expenses under any circumstance.

IMPORTANT REGISTRATION INFORMATION

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed or faxed registrations. Full Tuition must accompany the registration form in order to confirm a place in this course. Until you receive your confirmation letter, you are not officially registered for the course. For online registrations you will receive email confirmation within one week of the date you registered. For registrations received by standard mail or fax, the confirmation may take up to 3 weeks after we receive your registrations. If you do not receive confirmation within this time period, please call 312-238-6042.

Do not make airline reservations that have cancellation penalties until we confirm your registration. However, you should make hotel reservations as soon as possible.

One week prior to the course only internet registrations and faxed registrations that include an email will be accepted. Please note that the course could reach its maximum enrollment before this time.

CONTINUING EDUCATION CREDIT

This course has been approved by the Illinois Physical Therapy Board for 14.50 Contact Hours. Approval #216-000069

The National Board of Athletic Trainers Association has approved this program for 14.50 Continuing Education Units.

The Rehabilitation Institute of Chicago is an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. This intermediate level program awards occupational therapists 1.450 CEUs or 14.50 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.
REGISTRATION ONLINE at www.ric.org/education
or clip and return this form with payment

Kinetic Chain Evaluation and Functional Exercise Approaches: A Lab based Course
December 5-6, 2011

Group Discount Policy: To qualify for group discount rates (you do not have to be from the same facility), students must mail or fax the group’s registrations together. Group members cannot receive the discounted rate if the registrations are received separately.

☐ Single Registration Tuition: $ 595.00
☐ 2 to 4 -Tuition per Registrant: $575.00
☐ 5 or more - Tuition per Registrant: $555.00

Make check payable to: REHABILITATION INSTITUTE OF CHICAGO

Mail to: RIC Academy
345 E. Superior Street, Suite 1641
Chicago, Illinois 60611

Please TYPE or PRINT your name and professional initials (OT, PT) as you would like them to appear on your continuing education certificate.

Name ___________________________________________ First Name ___________________________ Last Name ________________________________

Home Phone (_________) ___________________________ Prof. Initials __________________________

Home Address________________________________________________________

City________________________ State______________ Zip____________________

Organization/Facility____________________________________________________

Work Address________________________________________________________

City________________________ State______________ Zip____________________

Work Phone (_________) ___________________________ Fax (_________)

Position _____________________________________________________________

E-mail ________________________________________________________________

(We encourage you to use email – it allows us to respond much faster to your registration. Thank You)

Please note: registration will not be processed without full payment.

Method of Payment: ☐ Check enclosed ☐ Credit Card

Credit Card Users Must Complete the Following Information:

1) ☐ Personal Credit Card ☐ Corporate Credit Card
2) □ MasterCard □ VISA

Credit Card #: _ _ _ _ - _ _ _ _ - _ _ _ _ - _ _ _ _

Expiration Date _ _ / _ _

Name on Card ____________________________________________________

Billing Address __________________________________________________

City __________________________ State _______________ Zip __________

Cardholder's Signature____________________________________________

Credit card registrations may be faxed to: 312-238-4451. If you fax your registration, do not send another registration by mail.

For official use #: ________________ CC__ SS201203 _______ D __________

A __________________________ LMS _______________ DL ____________

RIC Academy
Wesley M. & Suzanne S. Dixon
Education and Training Center
345 East Superior Street, Suite 1641
Chicago, Illinois 60611

Rehabilitation Institute of Chicago

An Academic Affiliate of
Northwestern University
Feinberg School of Medicine