

Functional Strength: An Updated Approach to Exercising our Patients

Course Objectives

- Given a case study, assess functional weakness in a patient using the four pathological barriers to ideal/optimal movement.
- Perform an assessment of a dysfunctional movement pattern and specifically identify 2 primary and 1-2 secondary compensatory movements occurring due to weakness and/or pain.
- Accurately justify the use of functional strength testing versus manual muscle testing when assessing a patient.
- Properly exhibit and/or correctly perform 4 exercises using a functional approach to muscle activity.
- Correctly state the rationale for an in-depth functional strength assessment of upper extremity, lower extremity and trunk.
- Properly execute an in-depth functional strength assessment of upper extremity, lower extremity and trunk.
- Correctly apply force couples, synergies, and muscle slings to the body to address function-specific strength deficits.
- Develop and implement a comprehensive functional exercise program, progressing from basic to advanced levels for patients.



Stuart W. Orr, BS, PTA, NSCA-CPT, CWcHP

Stuart Orr graduated from Pennsylvania State University earning his AS in Applied Sciences with a concentration in Physical Therapy Assistant in 1999. In 2006 he earned his BS in Marketing and Management from Pennsylvania State University. Stuart holds certifications as an exercise specialist through

the National Strength and Conditioning Association (NSCA-CPT), Matheson Functional Capacity Evaluator and Workers Compensation Healthcare Provider. Stuart is ongoing in post graduate continuing education to develop his clinical and manual skills, yet also has found a passion for teaching other healthcare professionals as an assistant instructor with Great Lakes Seminars since 2003. Stuart has more than 12 years of orthopedic and sports medicine experience & has worked extensively within the worker's compensation field assisting the injured worker in getting back to the labor force. Stuart is currently a regional director of Work Hardening/ Conditioning for ATI Physical Therapy for PA/North DE.

Topics Covered

- Overview of the principles of functional muscle assessment
- Differentiation between muscle action and muscle function
- Proper technique for open kinetic chain exercises and closed kinetic chain exercises
- Functional Exercises for the upper body
- Functional exercises for the lower body
- Functional exercise for the trunk/core
- Exercises using body weight, therapy ball, resistance bands and foam roller

Course Outline

Saturday

- 7:30am Continental Breakfast
8:00am Lecture: Introduction, functional muscle assessment, action versus function, and muscle synergies
10:15am Lecture: functional synergies, appropriate use of different exercise tools
12:00pm Lunch (on your own)
1:00pm Lab: Functional Exercises for the Upper and lower extremity
3:15pm Lab: Movement assessment - Upper and lower trunk
5:00pm Review of Evidence-Based Literature
5:30pm Adjourn

Sunday

- 7:30am Continental Breakfast
8:00am Review Session
8:30am Lab: Functional Exercises of the upper extremities
10:15am Lab: Functional Exercises for the lower extremities
11:00am Lab: Palpation/functional anatomy of lower extremity
12:00pm Lunch (on your own)
1:00pm Lab: Functional Exercises of the upper trunk
3:15pm Lab: Functional Exercises of the lower trunk
4:30pm Review of Evidence-Based Literature
5:00pm Adjourn

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“ This was a fantastic course. I found looking at muscles that could be inhibited, that limits motion, to be most useful. ”

- Indianapolis, IN