

CEUs & State Approvals (8 Hours)

All of our courses are designed to meet state requirements for continuing education for PT, PTA, OT, COTA, ATC & other licensed health care professionals. All courses are submitted for continuing education approval in the state in which it is being held, if required. Please call if you have any questions regarding state approval. Course certificates will be given to each participant at the completion of the course.

Registration Confirmation

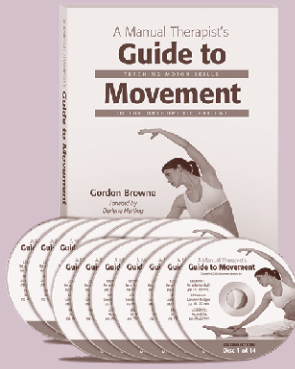
A confirmation letter with specific location information, course times and suggested attire will be emailed once registration is received. Please be sure to check your spam box! Location changes may occur so please refer to your confirmation letter for details or call if you have any questions.

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Therapeutic Movement Seminars Include:

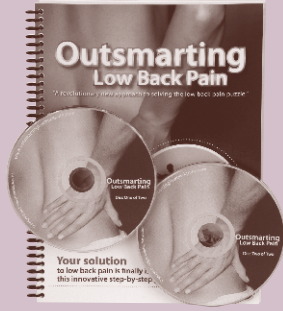
- Comprehensive Stabilization Strategies for the Low Back, Pelvis & Hips
- Comprehensive Movement Strategies for the Legs, Knees & Feet
- Fundamental Movement Strategies for the Neck, Thorax & Shoulders
- Dynamic Movement Strategies for the Shoulders, Arms & Hands
 2 days—16 CEUs
- Optimal Movement Strategies for Seniors
 2 days—15 CEUs
- Comprehensive Movement Training for the Orthopedic Practitioner
 Advanced coursework includes in-depth live seminars, home study, written, oral and lab examinations.
 2 years, 5 segments per year, 3 days per segment, Friday-Sunday
- Therapeutic Yoga
 Making It a Safe & Effective Rehab Tool
- Tai Chi as Rehabilitative Exercise
 Applications to Spine, Orthopedics & Seniors
- Defining, Optimizing & Training Integrated Movement
 Applications to Ortho, Geriatrics & Manual Therapy
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Therapeutic Yoga Register Today!
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Best class I have taken in years!!!

Loved this course! Energetic & knowledgeable presenter.

Therapeutic Yoga Applications, Modifications & Contraindications
 8 Hours – State Approved

Gordon Browne, Instructor

Physical Therapist & Author
 25+ years of Professional Experience

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Therapeutic Yoga

Applications, Modifications & Contraindications

Course Description

Yoga is a vast system of Integrated Exercise with potential for both positive and negative outcomes; some people benefit greatly while others are susceptible to injury. Whether helping someone return to a public yoga class or using yoga as a rehab tool in your facility, you can assist your patients in recognizing what specific types of poses to target, modify or avoid all together depending on their specific complaint. In this course you will learn to identify movement or postural patterns, both in your patients and in many common yoga poses that will guide you in your recommendations. Differentiated poses are generally both safer and more beneficial than Global poses; you will learn to recognize the distinction with any pose or exercise and have solid rationale for your subsequent suggestions. Emerging rehab principles of Regional Interdependence and Specific Motor Control Exercise (SMCE) are presented and reconciled with common yoga themes. In class you will observe, analyze and try out several poses, but you don't need to be a pretzel to participate; there are always modifications!. Topics covered:

- Neck & shoulder joint protection
- Scapular stabilization
- Thoracic mobilization/strengthening
- Low back pain
- Pelvic balancing
- Knee alignment
- Foot pronation control

Course Objectives

At the completion of this course, the participant will be able to:

- **Define** global and differentiated movement/postural relationships and give five examples of each in daily life and in common yoga poses.
- **List** two common hip/pelvic/lumbar biases and recommend appropriate yoga pose modifications that encourages lumbar stabilization and hip mobility/balance.
- **Explain** why yoga poses featuring global spinal relationships are contra-indicated for many common types of low back and neck pain.
- **Demonstrate** five yoga poses that encourage thoracic mobility and strength while simultaneously protecting/stabilizing both neck and low back.
- **List** two examples each of poses/positions that cue: gleno-humeral/scapular integration and optimization; tripod foot balance; knee over foot alignment; gleno-humeral/forearm rotational differentiation.
- **Explain** the rationale for adding reciprocating movement and dynamic integration elements to common yoga poses.
- **Demonstrate** “easy” modifications for all yoga poses presented in the course to encourage success for all age groups and physical abilities.

Course Outline

Lab sessions include experiential movement, partner observations, facilitation techniques, modifications and discussion of clinical relevance.

Schedule

7:45-8:00—Registration & Snacks

8:00-8:30—Introduction to Integrated Movement Principles

- Exercise Paradigms: Isolate or Integrate?
- Types of Integrated Movement/Exercise: Static & Dynamic
- Principles of Optimal Movement/Posture

8:30-10:00—Lab I: Pelvic Balancing—Addressing Lumbar & Hip Issues

- Differentiated Poses: Hip Mobility & Lumbar Stability
- Recognizing the Habitual & Teaching the Non-Habitual
- Movement Reciprocity to Facilitate L/R Pelvic Balance

10:00-10:15—Morning Break

10:15-11:30—Lab II: Thoracic Work—Assisting & Balancing the Neck

- Applying Constraints: Funneling Movement & Effort Where We Want It
- Integrating Arm & Head Movement with the Mid Back & Chest
- Rib Cage as Slinky: Encouraging Multi-Directional Thoracic Movement

11:30-12:15—Lab III: Lower Extremity Alignment—Creating a Solid Foundation

- Encouraging the Tripod Foot: Forefoot/Rear-foot Differentiations
- Controlling Knee Valgus & Varus: Organizing Knee Over Foot
- Facilitating Balance: Peroneus Longus/Posterior Tibialis Competence

12:15-1:15—Lunch On Your Own

1:15-3:15—Lab IV: Pelvic & Thoracic Rotation

- Improving Pelvic Rotational ROM, Control & Balance L/R
- Improving Thoracic Rotational & Side Bending Mobility, Integration & Balance
- Stabilizing Lumbar & Cervical Regions: Re-Directing Movement Elsewhere

3:15-3:30—Afternoon Break

3:30-5:15—Lab V: Shoulder Girdle Stabilization—Anchoring the Arm to the Back

- Dynamic vs. Static Scapular Stabilization
- Grand Coalition of the Arm: Shoulder ER & Scapular Posterior Tilt
- Closed & Open Chain Facilitations
- Gleno-Humeral Dynamics

5:15-5:30—Wrap up

- Review & Reinforcement of Course Objectives
- Questions & Answers

About the Instructor, Gordon Browne PT, GCFP

Gordon Browne is a Physical Therapist with 25+ years of clinical experience in outpatient orthopedics and manual therapy. With a lifelong passion for movement, he has modified and medically articulated the clinical use of various integrated movement systems; the Feldenkrais Method®, Yoga, Pilates and Tai Chi. Lecturer for 15+ years and author of two books; “A Manual Therapist’s Guide to Movement” and “Outsmarting Low Back Pain”.

Detach and mail with payment.



Therapeutic Yoga: Applications, Modifications & Contraindications

Please select date & location:

Registration Fees:

Single Registrant \$229
 2 to 4** \$219
 5 or more** \$209

**Price per person when registering at the same time. Please call if paying separately.

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