

Dynamic Movement Training for the Hip & Thigh

***Online Multi-Media Continuing Education Course
PT, PTA, ATC & NDs
13 Hours—CEUs, \$140***

Course Description

The hips are the true linchpins of the body. They provide the foundation for both the spinal system and the knees & feet. Hip muscle imbalances or inefficiencies can have profound negative effects. Therefore, having a clear understanding of how the hips function and how they influence the health of the rest of the motor system is crucial. Additionally, the hips (and the thigh muscles) have their own health or pain issues to deal with. This course is designed to give you a birds' eye view of how the hips function and how to use dynamic movement training to treat the myriad of conditions seen in this area.

We will address traumatic hip & thigh issues:

- Femoral or acetabular fractures
- Traumatic labral tears
- Post-surgical (total hip, FAI or labral surgery)
- Groin strains & hamstring tears/strains

We will also address the more common repetitive stress or degenerative injuries:

- Trochanteric pain syndrome & osteoarthritis
- Femuro-acetabular impingement & labral issues
- Snapping hip & gluteus medius tendinosis
- Hip flexor tendon or bursae issues
- Hamstring insertion pain or bursitis and piriformis syndrome

This is a movement course, with a ton of lab work—as the best way of learning movement and motor control exercise is to participate, observe mistakes and analyze optimal and sub-optimal movement patterns. To this end, there are 8 hours of video—and about 25 % of these videos are observational and related to clinical reasoning, variations, manual cueing or common mistakes. But the majority are participatory and feature verbally guided and visually demonstrated movement sequences designed to optimize hip function, balance and health.

Course Objectives

At the completion of the course, participants will be able to:

- **Explain** difference between Static Integration & Dynamic Integration exercise in terms of waist muscle vs hip muscle control of the pelvis.
- **Define** the Pelvic Force Couple muscle synergy & list its’ benefits in gait.
- **List** the 2 Phases of Motor Learning in which rehabilitation professionals play an important role when working with people with repetitive-stress hip pain or trauma recovery.
- **Explain** the strategy of Reciprocating Movements for the purpose of hip muscle & pelvic force couple Antagonist Balancing.
- **List** 3 Principles of Optimal Movement & give examples of common hip or thigh conditions resulting from sub-optimal movement or postural patterns.
- **Explain** the importance of Internal Attentional Focus when working with hip instability issues—labral, FAI, piriformis syndrome, trochanteric pain syndrome, etc.
- **List** 4 integrated movement Teaching Strategies— suggested by Motor Control Theories and the Transfer Principle— that make exercise ‘informational’.

Course Outline

Video recorded lab sessions include experiential movement, modifications & observations.

Section 1: Housekeeping

- Introduction, Instructions & Overview
- Before You Start—Introduction to Integrated Movement Themes (Reading Material, 5 pgs.)

Section 2: Background Information

- Movement as Professional Identity
- Movement is Integrated vs Isolated
- The Language & Science of Integrated Movement
- Principles of Optimal Movement & Informational Ex.
- Competing Styles of Integrated Movement (Reading Material, 10 pgs.)

Section 3: Paradigms & Philosophy

- Pain Models
- Course Parameters
- Overview of Regions
- Safety Reminders
- Outline of Lab Themes (Reading Material, 10 pgs.)

Section 4: Lab #1 Cardinal AP Hip Movements (1st Approximation)

- Categorization of Hip Pain
- Common AP Hip Stressors
- Pelvic AP Bias Observations
- Determination of Pelvic AP Bias: Video
- First Exercise Pair: Video
- Second Exercise Pair: Video
- Lab #1 Variations, Mistakes & Manual Cueing: Video
(Reading Material 12 pgs.)

Section 5: Lab #2 Diagonal Hip Movements (1st Approx.)

- Pelvic Diagonals: Video
- First Exercise: Video
- Second Exercise: Video
- Third Exercise Pair: Video
- Lab #2 Variations, Mistakes & Manual Cueing: Video
(Reading Material 14 pgs.)

Section 6: Lab #3 Muscle Inhibition & Hypertonicity Reduction

- Effort Recognition: Video
- Solo Exercise Pair: Video
(Reading Material 3 pgs.)

Section 7: Lab #4 Cardinal AP Hip Movements (2nd)

- Solo Exercise Pair: Video
- Lab #4 Applications & Variations: Video
(Reading Material 2 pgs.)

Section 8: Lab #5 Pelvic Force Couples (1st)

- Force Couples: Video
- First Exercise Pair: Video
- Pelvic Stability & Common Gait Patterns: Video
- Second Exercise Pair: Video
- Lab #5 Variations & Mistakes: Video
(Reading Material 8 pgs.)

Section 9: Lab #6 Diagonal Hip Movements (2nd)

- Hip Lateralization Stresses: Video
- First Exercise Trio: Video
- Second Exercise Pair: Video
(Reading Material 1 pg.)

Section 10: Lab #7 Pelvic Force Couples (2nd)

- First Exercise Pair: Video
- Second Exercise Pair: Video
(Reading Material 3 pgs.)

Section 11: Lab #8 Movement Practice

- SAID Principle
(Reading Material 3 pgs.)

About the Instructor

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”.