

SYLLABUS

Title: Rehabilitation & Exercises with Trigger Point Therapy

Dates &
Locations:

Instructor: Dr. Richard Carter, DC, DACBR

CE Hours Requested: 12

I. COURSE OBJECTIVES

This program will enhance the doctor's knowledge and use of rehabilitation to better treat his patients. It will increase his ability to properly assess and evaluate the patient's functionality and give him the rehabilitation protocols and treatments to increase function in the patient.

II. COURSE OUTLINE

8:00 - 9:00 am	Biomechanical Assessment of Movement Patterns Function vs. Dysfunction
9:00 - 10:00 am	Pain Thresholds Chronic Pain Acute Pain Lowering Pain Threshold
10:00 - 11:00 am	Functional Movement Education & Discussion Door Squats Wall Angels Brueggers Position Cross Crawl LT Activation
11:00 - 12:00 pm	Functional Movement Screens Techniques Demonstrations
12:00 - 1:00 pm	Correction Exercises for Faulty Functional Movement Trigger Point Therapy for Proper Function
1:00 - 2:00 pm	Working Lunch Demonstrations Progression and Regression Strategies
2:00 - 3:00 pm	Soft Tissue Mobilization Cyriax

Functional IASTM

3:00 - 4:00 pm	Mobility Techniques Physician Self-Guided Anatomy and Function
4:00 - 5:00 pm	Rehabilitation Assessment Effectiveness Protocols
5:00 - 6:00 pm	Treatment Protocols and Procedures Muscle Tendon Ligaments
6:00 - 7:00 pm	Functional Movement Screens Assessment of Areas Application
7:00 - 8:00 pm	Exercises and Review Modalities Upper body Lower Body