

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

Hour 1	Biomechanical Assessment of Movement Patterns Function vs. Dysfunction
Hour 2	Pain Thresholds Chronic Pain Acute Pain Lowering Pain Threshold
Hour 3	Functional Movement Education & Discussion Door Squats Wall Angels Brueggers Position Cross Crawl LT Activation
Hour 4	Functional Movement Screens Techniques Demonstrations
Hour 5	Correction Exercises for Faulty Functional Movement Trigger Point Therapy for Proper Function
Hour 6	Working Lunch Demonstrations Progression and Regression Strategies
Hour 7	Soft Tissue Mobilization Cyriax

Functional IASTM

Hour 8	Mobility Techniques Physician Self-Guided Anatomy and Function
Hour 9	Rehabilitation Assessment Effectiveness Protocols
Hour 10	Treatment Protocols and Procedures Muscle Tendon Ligaments
Hour 11	Functional Movement Screens Assessment of Areas Application
Hour 12	Exercises and Review Modalities Upper body Lower Body