

CONFLICT OF INTEREST, MARKETING DESCRIPTION, LEARNING OBJECTIVES

CONFLICT OF INTEREST STATEMENT:

Mitch Hauschildt discloses he is a paid educator for Implus, LLC, the parent company of RockTape, as well as Fitness Anywhere, LLC. Mitch Hauschildt is the owner of Maximum Training Solutions, LLC. Dr. McDowell receives no further honoraria or stipends other than the ones disclosed above.

MARKETING DESCRIPTION:

Over time, we have learned a tremendous amount regarding the various systems and chains throughout the body. Dysfunction at any point in the system will cause pain and injury in unpredictable ways. Finding these dysfunctions and correcting them is the key to long-term health and function for any and all individuals, especially those who are active and demand more from their bodies. This innovative short course will focus on managing the post-op shoulder patient. We will not only focus on the operative site itself, but demonstrate how correcting dysfunctions in seemingly distant body parts will have an immediate and lasting effect on joint ROM, stability, strength and overall function. A series of systematic goals and guidelines will be presented to appropriately progress the patient through the complete rehab process. You will leave this course with a new set of clinical tools and exercise progressions for training the human machine.

LEARNING OBJECTIVES

1. Understand the concept of regional interdependence and how it affects the shoulder complex.
2. Discern when range of motion is affected by poor stability, rather than mobility
3. Develop a Movement based approach to rehabilitation.
4. Describe progression of functional rehabilitation.
5. Identify the role of metabolic training in the rehab setting.
6. Prescribe safe and effective Advanced Exercise Progressions based on the individual patient.

HOUR BY HOUR COURSE OUTLINE

COURSE OUTLINE

Hour 1

- Define an athlete
- Explore regional interdependence
- Relationship between mobility and stability
- Navigating the human body

Hour 2

- Phase 1 exercise and manual interventions
- Energy system development
- Phase 2 screen

Hour 3

- Phase 2 exercise and manual interventions
- Exercise periodization
- Phase 3 progressions
- Return to play criteria

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QUIZ QUESTIONS

1.	The general population tends to be what on the anterior side of their body?
<input type="checkbox"/>	Shortened and Overactive
<input type="checkbox"/>	Deconditioned
<input type="checkbox"/>	Lengthened and Underactive
<input type="checkbox"/>	In pain

2.	Phase 1 of the therapy process is focused on what?
<input type="checkbox"/>	Nutrition
<input type="checkbox"/>	Lifting Weights
<input type="checkbox"/>	Sports Performance
<input type="checkbox"/>	Functional Movement

3.	Phase 2 of the therapy process is focused on what?
<input type="checkbox"/>	Nutrition
<input type="checkbox"/>	Functional Performance
<input type="checkbox"/>	Functional Movement
<input type="checkbox"/>	Agility Training

4.	Phase 3 of the therapy process is focused on what?
<input type="checkbox"/>	Functional Skill
<input type="checkbox"/>	Functional Movement
<input type="checkbox"/>	Lifting weights
<input type="checkbox"/>	Walking Gait

5.	When addressing dysfunction, _____ must be restored prior to correcting a patient's instability
<input type="checkbox"/>	Squat
<input type="checkbox"/>	Mobility
<input type="checkbox"/>	Lunge
<input type="checkbox"/>	Skipping

6.	Absent trauma, all mobility restrictions are due to an underlying lack of _____ somewhere in the kinetic chain
<input type="checkbox"/>	Neurological Tension
<input type="checkbox"/>	Skin Glide
<input type="checkbox"/>	Stability
<input type="checkbox"/>	Pain

7.	These are all factors that affect mobility except:
<input type="checkbox"/>	Jumping Ability
<input type="checkbox"/>	Tissue Glide
<input type="checkbox"/>	Neurological Threat
<input type="checkbox"/>	Joint Mobility Restrictions

8.	All of the following fascial chains are discussed as playing an important role in shoulder rehab except:
<input type="checkbox"/>	Performance Functional Chains
<input type="checkbox"/>	Front Elbow Chain
<input type="checkbox"/>	Performance Core Chain
<input type="checkbox"/>	Performance Spiral Chain

9.	When it was discussed to earn the right to progress, it was referring to:
<input type="checkbox"/>	Everyone should be bench pressing at 12 weeks post surgery
<input type="checkbox"/>	Getting a job
<input type="checkbox"/>	10 pullups should be achieved before running
<input type="checkbox"/>	Timelines should not generally be used as a guideline for exercise progression

10.	According to Mosely, to reduce pain, we need to reduce credible evidence of _____ and increase credible evidence of safety.
<input type="checkbox"/>	Danger
<input type="checkbox"/>	Faulty wiring
<input type="checkbox"/>	Neuroma
<input type="checkbox"/>	Fun

11.	The following are examples of interventions that should be utilized in the first 7 days of therapy except:
<input type="checkbox"/>	Running
<input type="checkbox"/>	Swelling Management
<input type="checkbox"/>	Posterior Joint Mobilization
<input type="checkbox"/>	Surgical Site Soft Tissue Mobilization

12.	The following are examples of interventions that should be utilized in the first 7 days of therapy except:
<input type="checkbox"/>	Scapular Mobilizations
<input type="checkbox"/>	Core Engaged March
<input type="checkbox"/>	Overhead Pressing
<input type="checkbox"/>	Gripping Exercises

13.	The following are examples of interventions that should be utilized in the first 7 days of therapy except:
<input type="checkbox"/>	High Tension Planking
<input type="checkbox"/>	Turkish Get Ups
<input type="checkbox"/>	Shoulder Mobility Sequence
<input type="checkbox"/>	Shoulder Positioning for Comfort

14.	The goal for passive flexion at week 2 should be at:
<input type="checkbox"/>	165 degrees
<input type="checkbox"/>	150 degrees
<input type="checkbox"/>	Full Range of Motion
<input type="checkbox"/>	130 degrees

15.	All of the following are examples of periodization models that were discussed except:
<input type="checkbox"/>	Simple
<input type="checkbox"/>	Block
<input type="checkbox"/>	Triphasic
<input type="checkbox"/>	Conjugate

SAMPLE COURSE EVAL



Name (Optional) _____
 DATE: _____
 INSTRUCTOR: _____
 LOCATION/FACILITY: _____

SEMINAR EVALUATION

FMT Basic
 FMT Performance
 FMT Blades
 FMT Blades Advanced
 FMT RockPods
 FMT RockFloss
 Other: _____

FACULTY	1 POOR	2	3 AVERAGE	4	5 EXCELLENT
1. How would you rate the speaker for this session?	_____	_____	_____	_____	_____
2. Was the instructor knowledgeable in the subject matter?	_____	_____	_____	_____	_____
3. Was the material presented clearly?	_____	_____	_____	_____	_____
4. Were the materials provided beneficial?	_____	_____	_____	_____	_____
5. Did the session meet your expectations?	_____	_____	_____	_____	_____
6. Did the presenter provide an appropriate level of theory, skill and technique?	_____	_____	_____	_____	_____
Yes/No	YES	NO	N/A		
7. Were the course objectives met?	_____	_____	_____		
8. Was evidence provided to substantiate the material presented?	_____	_____	_____		
9. Was anecdotal evidence the primary source of information?	_____	_____	_____		
10. Was a commercial product promoted?	_____	_____	_____		
11. If a commercial product was promoted, do you feel it was the sole purpose of the presentation?	_____	_____	_____		

PLEASE ASSESS THE INSTRUCTOR WITH A NUMERIC VALUE
 0-59 Poor, 60-69 Fair, 70-79 Average, 80-89 Good, 90-100 Excellent

Lecture Abilities (1-100) _____ Knowledge (1-100) _____ Relevance to discussion topic (1-100) _____

Please indicate any STRENGTHS of this session	Please indicate any WEAKNESSES of this session	Please share your comments with us about your overall experience with our training.

I give my express permission to RockTape, Inc. to use my comments in future promotions regarding education.

SAMPLE CERTIFICATE

FMT

Functional Movement Techniques Tactical

John Smith

Completed coursework in Ft. Carson, CO
on May 22, 2019 has completed

FMTTactical
Course type live

Provider number (insert here)

6 hours basic EMT CEHs

CAPCE # (pending)

John Smith license number and state (insert here)

John Smith NREMT # (insert here)

S Capobianco *AE*

Dr. Steven Capobianco
VP & Medical Director

Alyson Evans
Senior Director of Medical

ROCKTAPE
Go stronger, longer

SAMPLE PROMOTIONAL MATERIALS