

FAKTR REHAB SYSTEM - 16hr Hands-On Course

Functional and Kinetic Treatment with Rehab

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FAKTR continues to utilize the most up-to-date research available regarding the application of manual and soft tissue therapies along with exercise protocols to improve patient/client outcomes. Given the recent climate regarding the overuse of opioids and surgery, clinicians are seeking non-invasive treatment options for athletes and active individuals that achieve positive results with minimal expenditure of resources and time.

Historically, FAKTR has been rooted in treatment utilizing instrument-assisted soft tissue manipulation. Over time, the FAKTR Concepts have evolved to be utilized with many different soft tissue interventions; such as cupping, compression floss, laser therapy, acoustic wave therapy, massage and other release techniques. The purpose for these interventions is to uniquely affect the physiology of the body in a predictable and reproducible way. With this in mind, FAKTR is based on five concepts of treatment; static, motion, resistance, function and proprioception. Each of these concepts represents a possible provocative position or motion. Using this ideology, FAKTR clinicians are trained to treat patients/clients in these positions or motions, based upon progressive overload. For example, if a patient has pain through shoulder abduction (Motion concept), treatment is administered while that movement is performed for 30-45 seconds or until pain is relieved. Attendees of this course are educated on the proper selection of soft tissue therapy, if required, based upon the patient's history and presentation. In this way, the patient's plan of care is individualized to their health status and needs.

If pain has subsided with motion, the clinician will then ask the patient to try any movement that would reproduce their complaint. Treatment is then provided in the same fashion as above. Next, the patient is assessed and treated against resistance, such as using an elastic band, to resist shoulder abduction. This process is continued through the FAKTR Concepts until the person is mostly or entirely out of pain and function has been restored. The FAKTR Concepts have a system of test-treat-retest inherently built into patient treatment. Further, it is not necessary to go through all five FAKTR Concepts. If the patient's symptoms do not appear until Function, the clinician would begin treatment at Function. Ideally, the five FAKTR Concepts are intended to be a clinical guide to progressing a patient through care with careful, well-planned decisions tailored to the patient.

A recent systematic review by Smith stated that pain during therapeutic exercise offered benefit in the short-term. This study helps to reinforce the idea that pain does not need to be and should not be a barrier to therapeutic exercise. It also demonstrates that pain drivers are

not limited to the musculoskeletal system. Exercising through pain helps to establish self-efficacy and a positive mental attitude towards pain. We realize that pain is multifactorial and our approach to treatment during provocative movement provides us with the opportunity to teach course attendees about the biopsychosocial pain model and its significance in individualizing patient care. In doing so, the instructor is able to dissect the 3 BPM drivers of pain and systematically evaluate the most likely cause(s) of that patient's pain. When Engel unveiled this model in the late 1970's, he suggested that these 3 components of the model were never meant to be isolated, that they were overlapping and dynamic and that they would be represented differently in each person. As such, course attendees are shown the tools and strategies to identify the potential drivers of a patient's pain. Course attendees will receive a brief review of evidence-based outcomes assessments, such as the Orebro MSK Pain Questionnaire, Yellow Flag Questionnaire, Pain Catastrophizing Scale and Pain Self-Efficacy. Further, we will discuss the importance of a practitioner's carefully chosen words and how they can help or harm a patient's outcomes.

To assist course participants in identifying the biological/pathoanatomical drivers of pain, the instructor will conduct a brief review of orthopedic test clusters, clinical prediction rules and a variety of evidence-based, clinically relevant examinations; this may include functional movement assessments, testing for neuropathic pain or special tests for proprioception and strength. A prime example would be conducting an ankle range of motion assessment that reveals decreased ankle dorsiflexion from a previous injury. Growing evidence demonstrates that this is a common finding with ankle sprains and that it can have negative effects throughout the kinematic chain, particularly in the knee, hip and low back. A significant amount of time is spent during the FAKTR course on evaluation, as this is a crucial step in determining the appropriate course of action for a patient.

During the course, each area of the body is instructed as a separate lecture and hands-on module. Participants are paired in groups of 2-3 people to ensure maximum hands-on participation. Modules begin with the aforementioned assessment(s) and review of key history points germane to each body area. After assessing, they will receive hands-on training utilizing instrument assisted soft tissue mobilization (IASTM), myofascial decompression/cupping, compression floss bands and hands-on techniques.

Keeping in-line with current data and best practices, this course includes exercises studied and suggested by the likes of Hodges, Cook, Purdam, Rio, McGill, Janda, Liebenson and many more. Course attendees will learn how to incorporate a wide variety of relevant, rehabilitative exercises for each area of treatment based upon examination and clinical findings. Course instruction will include assessment and treatment of the spine, upper extremities (shoulder to fingers), lower extremities (hip to toes), buttocks, SI Joints, abdomen and diaphragm. At the end of most modules, students

will also be taught biomechanical taping techniques for prophylactic purposes, as well as support of treatments provided. This style of tape is not applied for the purpose of directly addressing pain complaints, but rather to offload and change the joint position of the involved area. As this style of tape is a burgeoning area in rehab, the current and limited research has been provided for attendees to review.

Learning Objectives:

At the conclusion of the program, participants will be able to:

1. Assimilate literature presented in class regarding: pain science, tissue physiology, fascia, physical examination, treatment and outcomes assessment.
2. Explain the indications and contraindications for utilizing the FAKTR protocol to treat a variety of conditions and patient presentations from head-to-toe
3. Identify and utilize orthopedic, neurologic, movement assessment and other relevant examination procedures as an indication for the application of appropriate rehabilitative techniques.
4. Identify and interpret abnormal findings during a patient evaluation in order to properly apply the FAKTR Concepts
5. Apply the appropriate soft tissue therapy based upon patient presentation and phase of healing.
6. Design appropriate exercise protocols with and without soft tissue techniques to improve patient outcomes.
7. Apply the appropriate exercise protocols to improve patient function.
8. Assimilate, summarize and demonstrate the proper use of biomechanical tape as indicated by patient presentation.

Participant Assessment

Methods:

Analyze – Participants will work through various scenarios involving patient presentations of a variety of conditions during the hands-on portion of the class. Through palpation, range-of-motion testing, orthopedic, neurologic and functional movement assessments, participants will practice assessments that will determine the appropriate use of the FAKTR Concepts.

Apply – After demonstrating a proper assessment with their hands-on partner, the participants will learn to apply the FAKTR Concepts. Each module will cover demonstrating treatment from a static position, position of provocation, incorporating movement and applicable functional rehabilitation exercises to produce a desired outcome. There will be open discussion amongst participants and the instructor in the best ways to bring about a desired outcome. During participant demonstration, the instructor(s) will go throughout the classroom to provide one-on-one guidance and answers to questions, tips on appropriate technique and application, etc.

Proposed Course Schedule/Agenda:

Saturday (Day1):

8:30AM – 9:30AM Presentation introducing the five FAKTR concepts and review of scientific research pertinent to the FAKTR protocol

9:30AM - 10:15AM Review of IASTM strokes and cupping

10:15AM-10:30AM- break

10:30AM-11:45AM Review of common disorders and anatomy of cervical and upper thoracic spine, demonstration of the FAKTR protocol on cervical and thoracic spine and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Myofascial decompression is introduced in this module and carried forward in other modules where applicable.

11:45AM-12:30PM Review of biomechanical tape properties followed by cervical spine application

12:30PM-1:30PM – Break for Lunch

1:30PM-2:45PM Q&A. Review of the common disorders and anatomy of the shoulder complex, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of biomechanical taping techniques and applications for this area.

2:45PM – 4:00PM

Review of the common disorders and anatomy of the elbow and forearm, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of biomechanical taping techniques and application for this area.

4:00PM-4:15PM – Break

4:15PM - 5:45PM Review of the common disorders and anatomy of the wrist and hand, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol).

Sunday (Day 2):

8:30AM – 10:00AM Review of the common disorders and anatomy of the lumbar spine, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of common biomechanical taping applications for this area and associated conditions.

10:00AM – 11:00AM Review of the common disorders and anatomy of hip and knee complex, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of common biomechanical taping applications for this area and associated conditions. Tissue flossing is introduced in this module and carried forward to other modules where applicable.

11:00AM-11:15AM - break

11:15PM – 12:30PM Review of the common disorders and anatomy of the leg, ankle and foot, demonstration of the FAKTR protocol on these areas and students hands-on practice of the concept (students pair up and demonstrate on each other using the FAKTR protocol). Demonstration of common biomechanical taping applications for this area and associated conditions.

12:30PM-1:30PM – Lunch

1:30-3:00PM Additional biomechanical taping techniques of the upper extremity; to include posture, spiral deceleration of internal and external rotation of humerus, carpal tunnel, carpal instability, stenosing tenosynovitis of thumb

3:00-3:15- Break

3:15-5:15- Additional biomechanical taping techniques of the trunk and lower extremity: to include sacro-iliac force closure, iliotibial band, quad/hamstring offload, ankle stabilization, hallux valgus

5:15-5:45- Q&A/Course conclusion

Required Prerequisites:

Attendees are required to have a significant understanding of anatomy and physiology before attending class. Student attendees in a professional healthcare program are most successful when they have entered their higher level coursework and are treating patients in the student clinic on campus. It is the responsibility of each attendee to be aware of the scope of practice dictated by their professional licensing board.

System and Equipment Requirements:

All instruments, emollient, low-tech rehab equipment, loops, bands, tape and necessary accessories will be supplied for class. Students are asked to bring a portable treatment table if one is available. Attendees are invited to bring their own soft tissue instruments, emollient or low-tech rehab tools if they prefer.

Educational Materials Provided:

All attendees are provided with the full PDF course presentation notes at the conclusion of the course, which includes photos of various treatment applications, kinesio-taping applications and various exercises involved in the rehab portion of the course. We also include excerpts and references for all of the peer-reviewed research and published case studies that provide the scientific basis for the protocol along with a list of "recommended reading."

Disclosure of Expenses Underwritten

FAKTR instruments, floss, emollient, cups and wobble bars are provided for attendee use during class. Performance Health provides all low-tech rehab supplies such as loops, bands, physioballs and flex bars. Dynamic Tape is provided for attendee use during class. No purchase of any product is required of attendees and no solicitation of any products or services are conducted during class. These items are all provided at no cost to attendees purely for educational purposes.

Supporting bibliography and reference material:

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