

GRIP TEAMS

Virtual Coursework to be completed prior to Day 1

Hour 1: Foundations of GRIP Approach

Hour 2: GRIP Flow Review and GRIP Assessment Form

Hour 3: Sample Cases

Hour 4: Categorizing Deficits and Mastering GRIP

Hour 5: Cervicalgia, shoulder Clusters

Hour 6: Elbow, wrist, hand clusters

Hour 7: thoracic and lumbar clusters

Hour 8: Hip, knee, and ankle Clusters.

Quizzes at the end of each section require an 80% pass rate

In-Person Coursework:

Friday 8-5

8am-9am: Intro and plan. Sample of final implementation of the GRIP system to a case

9am-10am: NZR 1 evaluation and training

10am-11am NZR 2 and 3 evaluation and training

11am-12pm NZR 4 evaluation and training

12pm-1pm Lunch

1pm-2pm Introduction to fROM, GRS, TSI, and Neurodynamic

2pm-3pm- Cervicalgia Cluster E/M

3pm-4pm- Cervicalgia Cluster E/M

4pm-5pm- Cervicalgia Case Practice

Saturday:

8am-9am Shoulder Cluster E/M

9am-10am Shoulder Cluster & Elbow Cluster E/M

10am-11am Embow cluster and UE Neurodynamic

11am-12pm UE Neurodynamic and Thoracic Cluster

12pm-1pm Lunch

1pm-2pm Lumbosacral Cluster E/M

2pm-3pm Lumbosacral Cluster E/M

3pm-4pm Hip/thigh Cluster E/M

4pm-5pm Lumbar/hip Case Practice

Sunday:

8am-9am: knee cluster E/M

9am-10am: Knee cluster and foot/ankle cluster E/M

10am- 11am: foot/ankle Cluster EM

11am-12pm: Knee/ankle case Practice

12pm-1pm: Lunch

1pm-2pm: Team organization and implementation. Q/A