



Name Of Course : How To Increase The Results Of Knee, Ankle & Foot Exercises By Adding Total Motion Release

Type : Live-Online Webinar

Instructor : Tom Dalonzo-Baker

Start Time : 7PM EST

Duration : 2 contact hours

Target Audience : PTs, PTAs, LMTs, ATCs, OTs & OTAs & DCs

Prerequisites : None

Course Description :

- How To Increase The Results Of Knee, Ankle & Foot Exercises By Adding Total Motion Release
- Learn how this routine can immediately improve Knee, Ankle & Foot pain & restrictions

Course Outline

1. Introductions & sneak preview of TMR Principles
2. A demonstration of how Knee/Ankle/Foot exercises & TMR work well together
3. The importance of Following the 7 Step to Rehab Process
4. Patient-therapist communication skills to speed up assessment and accelerate patient learning & healing

Course Objectives

By the end of the course the participants will be able to:

1. Correctly explain two possible theories using research to support the TMR Method.
2. Analyze the results of Knee/Ankle/Foot motions done with and without the use of TMR and analyze which works best for which patient condition.
3. Correctly explain the importance of following the 7 Step to Rehab Process
4. Justify the use of each of the 3 TMR Rules when a patient's symptoms increase during treatment.
5. Correctly document on the 'TMR daily note Form' your treatments for all the above motions, as taught in class.

Course Agenda

- ⇒ 7-7.15: Introduction & sneak preview of TMR Principles
- ⇒ 7.15-7.45: Case Study Examples on TMR Concept, Instruction with video presentation of multiple dysfunctions
- ⇒ 7.45 - 8.45: Introduction To TMR Motions
 - Explore the Foundation Concepts of TMR with Knee/Ankle/Foot exercises.
 - Background of TMR - the ah-ha moment.
 - Demonstrate the TMR + Knee/Ankle/Foot Exercises on class participants.
 - Demonstration of how TMR works & how long it lasts and why it can work with any technique
- ⇒ 8.45 - 9: Summary, Evals & Testimonials –
 - ° What are you leaving here with from this class that you didn't have when you started?
 - ° How does exercising the good side effect the bad side?
 - ° Prevention and Wellness : Rules to Wellness
 - ° If time permits – introduction to TMR Level-1, Level-2 & Level-3 courses.

Manual & Handouts – Emailed before the course.

Completion CE Certificate & Proficiency Requirements - Standard-

- Signed Evaluation & Testimonial Forms & Sign-in Sheet
- Completed TMR FAB Forms

System Requirements : use computer software that has been updated to the most recent version.

** MAC Users - To use the online membership account, people with MACs need to have OSX 10.7 or newer.

** Windows User – Please use windows version 7 and above.

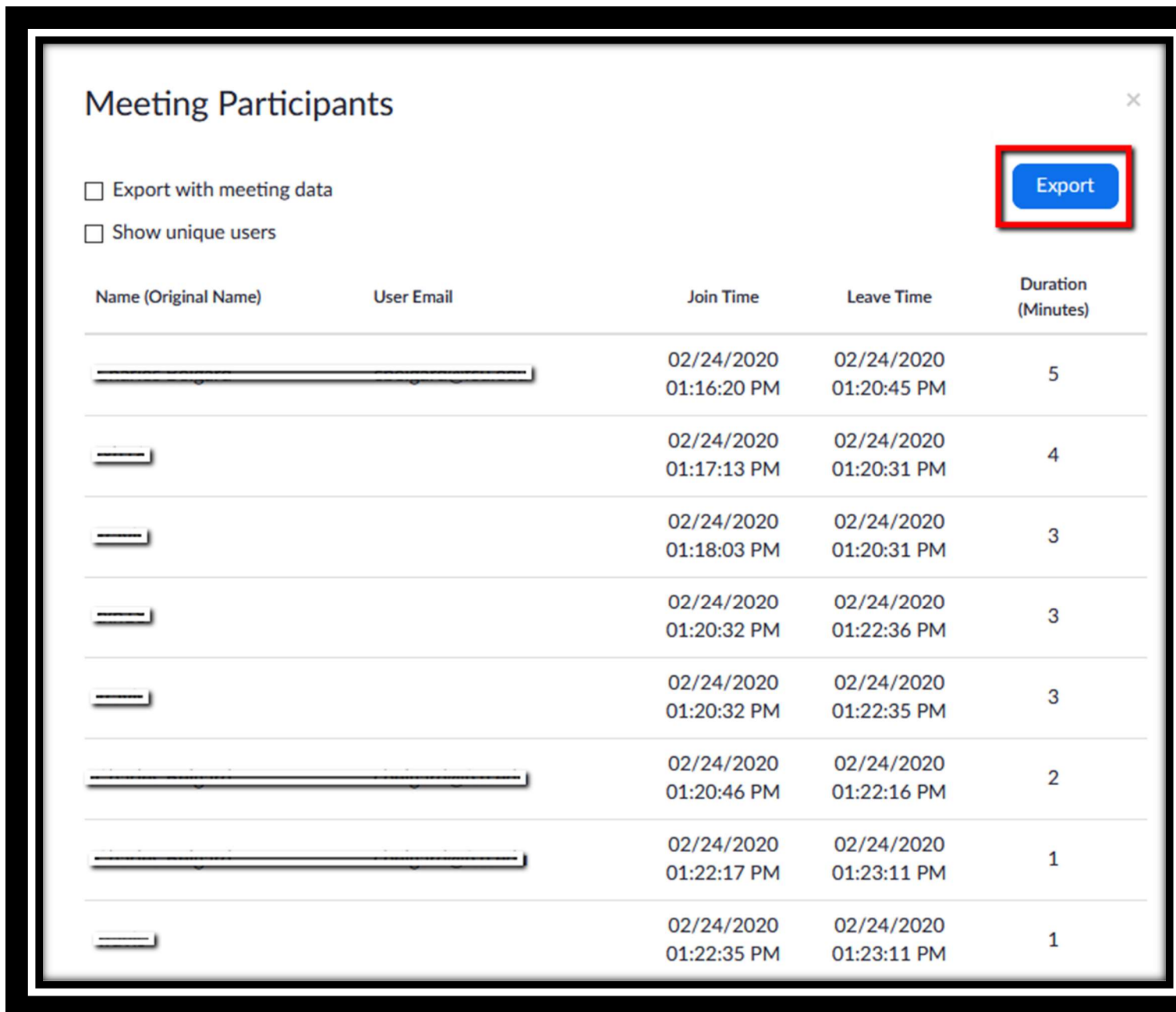
** [RECOMMENDED] Use your webcam, microphone and speakers on your computer to watch and listen in. A headset may be helpful - but not necessary.

Internet Speed – As long as your computer has speakers & a mic that work and high speed internet you are good to go. If you are able to view the videos on this website without a problem, then your internet speed is just fine.

Attendance Verification : Participants need to put in their names in the chat box, also participants fill in the evaluation and testimonial forms along with the Course FAB worksheet which helps us to determine if they have taken the class or not.

We use Zoom software for our meetings. **Zoom** will display the name of each **participant** in the meeting you selected, along with the times they joined and left the meeting. We export the list of meeting **participants** as a . csv file for our **records**. **Zoom** Rooms can automatically **count** the in-room attendees in the **Zoom** Room and display this information on Dashboard.

Here is a screenshot about how we use Zoom



The screenshot displays the 'Meeting Participants' window in Zoom. At the top left, there are two checkboxes: 'Export with meeting data' and 'Show unique users', both of which are currently unchecked. In the top right corner, there is a blue 'Export' button, which is highlighted with a red rectangular box. Below the checkboxes is a table listing the participants in the meeting. The table has five columns: 'Name (Original Name)', 'User Email', 'Join Time', 'Leave Time', and 'Duration (Minutes)'. The names and user emails are redacted with black bars. The table contains eight rows of data, showing the join and leave times for each participant and their duration in minutes.

Name (Original Name)	User Email	Join Time	Leave Time	Duration (Minutes)
[Redacted]	[Redacted]	02/24/2020 01:16:20 PM	02/24/2020 01:20:45 PM	5
[Redacted]	[Redacted]	02/24/2020 01:17:13 PM	02/24/2020 01:20:31 PM	4
[Redacted]	[Redacted]	02/24/2020 01:18:03 PM	02/24/2020 01:20:31 PM	3
[Redacted]	[Redacted]	02/24/2020 01:20:32 PM	02/24/2020 01:22:36 PM	3
[Redacted]	[Redacted]	02/24/2020 01:20:32 PM	02/24/2020 01:22:35 PM	3
[Redacted]	[Redacted]	02/24/2020 01:20:46 PM	02/24/2020 01:22:16 PM	2
[Redacted]	[Redacted]	02/24/2020 01:22:17 PM	02/24/2020 01:23:11 PM	1
[Redacted]	[Redacted]	02/24/2020 01:22:35 PM	02/24/2020 01:23:11 PM	1