

# Lower Extremity Level 1

Northwestern Health Sciences University

DATE: September 27-29, 2024

CE HOURS: 15 Physical Therapy/Physiological Therapeutics

LOCATION: Bloomington, MN

INSTRUCTORS: Daniel Shuman, DC



Friday, September 27, 2024		8:00 am – 5:00 pm
8:00-9:00 am	Lower Leg 1. Tibialis Anterior 2. Extensor Hallucis Longus 3. Extensor Digitorum Longus 4. Peroneus Longus / Brevis	
9:00-10:00 am	Lower Leg 5. Peroneus Tertius 6. Gastrocnemius 7. Soleus & Tendinous Arch of the Soleus 8. Plantaris	
15-minute break		
10:15-11:00 am	Lower Leg 9. Popliteus 10. Achilles Tendon 11. Transverse Intermuscular Septum 12. Flexor Digitorum Longus	
11:00-12:00 pm	Lower Leg / Ankle 13. Tibialis Posterior 14. Flexor Hallucis Longus 15. Extensor Digitorum Brevis / Extensor Hallucis Brevis 16. Tarsal Tunnel / Flexor Retinaculum	
1-hour lunch break		
1:00-2:00 pm	Foot / Ankle 17. Superior and Inferior Extensor Retinaculum 18. Superior and Inferior Peroneal Retinaculum 19. Joint Capsules 20. Plantar Aponeurosis / Plantar Fascia	
2:00 – 3:00 pm	Foot 21. Flexor Digitorum Brevis 22. Abductor Digiti Minimi 23. Flexor Digiti Minimi and Opponens Digiti Minimi 24. Quadratus Plantae	
15-minute break		

3:14 – 4:00 pm	Foot 25. Abductor Hallucis 26. Flexor Hallucis Brevis 27. Adductor Hallucis 28. Lumbricals and Plantar Interossei
4:00 – 5:00 pm	Foot / Ankle 29. Dorsal Interossei 30. Anterior Tibiotalar Ligament 31. Tibionavicular Ligament 32. Tibiocalcaneal Ligament 33. Posterior Tibiotalar Ligament
<b>Saturday, September 28, 2024</b> <span style="float: right;"><b>8:00 am – 5:00 pm</b></span>	
8:00 – 9:00 am	Ankle 34. Anterior Talofibular Ligament 35. Calcaneofibular Ligament 36. Posterior Tibiotalar Ligament 37. Anterior/Posterior Tibiofibular Ligaments & Interosseous Membrane (Middle Tibiofibular Ligament)
9:00 – 10:00 am	Knee 38. Tibiotalar Joint Capsule 39. Tarsal Ligaments & Long/Short Plantar Ligaments 40. Knee Capsule 41. Collateral Ligaments
15-minute break	
10:15 – 11:00 am	Upper Leg 42. Meniscus 43. Patellar Tendon 44. Vastus Medialis 45. Vastus Intermedius
11:00 – 12:00 pm	Knee / Upper Leg 46. Vastus Lateralis 47. Rectus Femoris 48. Articularis Genu
1-hour lunch break	
1:00 – 2:00 pm	Upper Leg 49. Adductors 50. Adductor Hiatus 51. Sartorius & Adductor Canal 52. Vasto Adductor Membrane

2:00 – 3:00 pm	Upper Leg 53. Gracilis 54. Pectineus & Obturator Externus 55. Hamstrings
15-minute break	
3:15 – 4:00 pm	Hip 56. Hip Capsule 57. Tensor Fascia Lata – Iliotibial Band 58. Gluteus Maximus
4:00 – 5:00 pm	Hip 59. Quadratus Femoris 60. Piriformis, Superior/Inferior Gemelli & Obturator Internus 61. Gluteus Medius & Minimus 62. Psoas & Iliacus
<b>Sunday, September 29, 2024</b> <span style="float: right;"><b>7:30 am – 12:00 pm (in 15-minute increments)</b></span>	
Attendees are tested via a practical test that requires performance of 6 selected protocols. Testing is hands-on, and all attendees perform the test on the instructor.	

