



## **TARGETING MUSCLE SYNERGIES TO OPTIMISE MOVEMENT RETRAINING FOR THE NECK & SHOULDER**

### **COURSE INTRODUCTION:**

This course is designed to help clinicians deliver targeted retraining of the muscle synergies of the neck and shoulder to manage their patients' pain, the impact of pathology, and the detriments to quality of life seen in the presence of compromised function.

Movements of the neck and shoulder are anatomically and biomechanically linked through the complex interaction of muscle synergies. The assessment and retraining of muscle synergies supplies clinicians with a means of exerting significant change on their patients' current pain or functional status. This course supplies the skill set, the tools and the systemized clinical reasoning framework to fast track patients towards life after pain, an enhanced state of movement potential at less risk of recurrence.

### **COURSE OVERVIEW**

Presentations of the neck and shoulder are complex, multi-factorial and significantly impact patients' capacity to interact with the world. How are clinicians to decide on the most effective and efficient intervention? If movement retraining is the intervention of choice, which movements or muscles are to be prioritized as requiring attention?

The main focus of this course is to place targeted retraining of muscle synergies, guided by a clinical reasoning framework and time efficient assessment as the intervention of choice. Targeted muscle synergy management gives clinicians a structured process to deal with the complexity of the neck and shoulder issues. For the patient, the restoration of more optimal muscle synergies can impact recurrence, quality of life and places ownership of the means to ensure they remain pain free in their hands, truly empowering the individual.

## KEY FEATURES

- Enhances ability to assess and retrain muscle synergies associated to pain, pathology and compromised function of the neck and shoulder
- Develops clinicians' cueing and facilitation skillset to positively impact movement impairments attributable to altered muscle synergies
- Supplies clinical skills to manage issues of extensibility so as to support patients' long- term outcome
- Supplies clinical skills to give patients strategies to reduce recurrence and maintain function
- Gives therapists the skills, tools and understanding to choose movement assessment and retraining as the clinical intervention of choice

## LEARNING OUTCOMES

At the end of this course the participant should be able to:

- Relate movement and synergistic recruitment patterns and consider how changes to these patterns influence pain, recurrence and function
- Demonstrate the skills allowing them to change patients' movement through the assessment and retraining of muscle synergies
- Relate muscle synergy recruitment patterns to pain, recurrence and compromised function
- Demonstrate an ability to assess and retrain muscle synergy efficiency
- Demonstrate the ability to assess for loss of extensibility and aberrant recruitment substitutions
- Display options for movement retraining in addition to acquiring the ability to match the level of retraining to your patient's abilities and goals
- Operate within a structured clinical reasoning framework to help patients achieve their outcomes