



## **CO-ORDINATION EFFICIENCY COORDINATION EFFICIENCY TO OPTIMISE MOVEMENT RETRAINING FOR THE NECK AND SHOULDER**

### **COURSE INTRODUCTION:**

This course allows clinicians to deliver highly specific, individualized movement retraining to successfully manage each patient's pain, pathology and compromised function of the neck and shoulder. It supports all clinicians' desired outcomes for their patients through the identification and management of the movement impairment associated to their current neck and shoulder issue.

This course presents a clinical applicable model, connecting pain, pathology and compromised function to any individual patient's neck and shoulder impairment. It supplies the skillset and tools to highlight and address the mechanisms associated to the movement impairment influencing the patients'. This Kinetic Control course provides clinicians with a systemized framework to manage the complexities of pain and dysfunction of the neck and shoulder.

### **COURSE OVERVIEW**

The main focus of this course is to supply clinicians with the skillset to successfully apply a systemised framework of highly targeted movement retraining to their neck and shoulder patients, changing pain, the impact of pathology and dysfunction. It covers client specific assessment, revealing the primary movement impairments influencing their current pain or dysfunction. The course then identifies how this process supports clinicians' decision making and before further developing their movement retraining delivery. The clinical value of the course is to allow the building blocks of movement patterns to be assessed and retrained so as to manage the complex and multi-factorial nature of neck and shoulder pain and dysfunction. If the patient's neck/shoulder pain or limitation is a 'downstream' process of the presence of movement impairments, this module supplies a route to address this source, limiting pain's presence and likelihood of return.

## **KEY FEATURES**

- Develops skills to successfully apply clinical tools and a movement focussed framework to change the mechanisms of movement impairment associated to the neck and shoulder
- Supplies a highly individualised movement retraining intervention allowing clinicians to be increasingly time efficient in addressing their patients' neck and shoulder and dysfunction
- Develops clinicians' abilities to change the building blocks of more complex movement patterns related to pain and dysfunction
- Supplies clinicians with the reasoning and skillset to manage the complexities of neck and shoulder pain and dysfunction in the long-term

## **LEARNING OUTCOMES**

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

- Assess, analyse and address client specific movement impairments
- Deliver targeted movement retraining to alter the key mechanisms associated to their patients' neck and shoulder pain or dysfunction
- Operate within a structured clinical reasoning framework to help patients achieve their outcomes
- Apply practical interventions derived from contemporary research underpinning the principles of movement evaluation and retraining decision making