



## MULTI-JOINT SYNERGIES IN ALIGNMENT AND COORDINATION

### **COURSE INTRODUCTION:**

This module evaluates movement patterns to help change muscle function associated to pain, pathology and compromised function. This evaluation helps therapists towards establishing a more optimized movement system for their patients. The observation and analysis of patterns of muscle synergies in functional tasks is examined and options for retraining more efficient movement strategies are presented.

### **COURSE OVERVIEW**

The main focus of this course is to explore functional activities and tasks in patients. Understanding muscle actions and observing synergist activation patterns can inform clinicians of movement patterns associated with pain and impaired function. Directed cueing for facilitation of more optimal patterns are developed in practical workshops.

The clinical value of these skills are both immediate and long term improvements in function and pain.

The process, clearly directs therapists towards an effective means of managing movement and alignment, so that individuals may pursue pain free lives, avoiding recurrence and secondary complaints.

## **KEY FEATURES**

- Enhances ability to assess muscle function through observation of patients' movement patterns during functional tasks
- Develops clinicians' teaching and cueing skillset of their patients' movement patterns to influence muscle function associated with pain, pathology and compromised function
- Combines classic and contemporary evaluation methods with Kinetic Control's world renowned and innovative movement assessment and retraining
- Gives clinicians the ability to choose movement assessment and retraining as the intervention of choice

## **LEARNING OUTCOMES**

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

- Display an understanding of the relationship between movement patterns, postural alignment and muscle synergies in functional tasks
- Demonstrate the ability to apply a muscle synergy classification model to multi-joint movement challenges
- Demonstrate the ability to assess the efficiency of alignment and movement patterns so as to reduce pain, the impact of pathology and improve function
- Display an ability to classify individuals into relevant alignment and movement pattern subgroups for the low back, the hip, the neck and the shoulder
- Display an ability to deliver movement intervention strategies to minimise the negative causes or consequences of alignment change and inefficient movement patterns
- Identify how assessment, analysis and retraining of alignment and movement patterns can be integrated in to their clinical practice
- Display a good understanding of why movement matters to postural alignment and recruitment synergies in functional tasks