

AECC

Continuing Professional Development

Craig Liebenson, DC

Prague School to

Athletic Development Series

Course A: 6 - 8 March 2015

Course B: 4 - 6 March 2016



For more information

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Prague School to Athletic Development Series

6-8 March 2015: Faulty Movement Patterns

4-6 March 2016: Rehabilitation of the Athlete & The Continuum of Care

Information on membership to The International Society of Clinical Rehabilitation Specialists (ISCRS) is available at

www.rehab2performance.com/why-join/

Details of the Rehabilitation of the Locomotor System Certification can be found at www.rehab2performance.com/certifications/



Fee per seminar

	Early Bird	After
AECC GA/TAM/EAC/RCC	£ 650	£ 813
Non Members	£ 675	£ 844
Students	£ 295	£ 369

Early Bird discount for bookings received 6 weeks prior to each seminar

Please book online at www.aecc.ac.uk/cpd



ANGLO-EUROPEAN
COLLEGE OF CHIROPRACTIC

Faulty Movement Patterns – Functional Assessment, Core Training & Key Mobilisations

Learning Objectives for Course A:

- To learn about the difference between functional and structural pathology of the motor system
- To learn about regional interdependence in the kinetic chain
- How to perform a functional screen
- How to perform an assessment-training-reassessment process
- How to identify a “key link”
- How to identify where to mobilize vs where to stabilize
- To learn the clinical significance of fundamental human functions – upright posture, single leg stance, and respiration
- To gain an introduction to developmental kinesiology
- Tri-planar dysfunction (sagittal, frontal, transverse)
- To learn the relationship of pain and disability
- How to determine functional goals of care & starting point
- Progressions & Regressions (peel backs)



Day 1 - Assessment

- Functional Pathology of the Motor System
- Introduction to The Functional Screen
- The Clinical Audit Process (CAP): Finding the “Functional Training Range”
- The Magnificent 7 – Functional Screen of Mobility, Posture, Balance, Squat, Lunge, & Respiration
- Mag 7 screen cont’d
- “Grand Rounds” Clinical Problem Solving the Mag 7

Day 2 - Core

- Core Training & Controversies
- Diaphragmatic facilitation/training and introduction to Dynamic Neuromuscular Stabilization (DNS)
- Vleeming SLR
- McGill’s Big 3
- Wall Bug
- Plank Saws
- Plank Roll
- Stir the Pot



Day 3 - Mobilizations & Spine

Sparing/Hip Hinge

- From Fetal to Upright Posture the Verticalization Process: The T4 “Dead Zone”
- Mobility vs Stability: The Hip/Spine Connection
- Hip/T-Spine/Anterior Chest Wall Mobilizations
- Hip Hinge & Sparing Strategies
- Squats

Course B 4-6 March 2016

Rehabilitation of the Athlete: From the Ground Up

Learning Objectives for Course B:

- The Stability-Power Continuum & Safe Return to Activity/Sport
- Rehab of Sports Injuries of the Lower Quarter
- Foot-Ankle Stability & the Dead Foot
- Hip-Knee Connection: Where Frontal & Transverse Planes Meet
- Posterior Chain: Core-Lower Quarter Functional Training
- The Core Slings: Sagittal, Frontal & Transverse Plane
- The Hamstring Dilemma
- ACL Injuries in Females: What have we learned?
- Gravity, workplace design flaws & training myths: A Postural Conspiracy
- The Overhead Athlete: Should they crawl before they throw?
- The Hip-Shoulder Kinetic Chain & Scapular Dyskinesia
- Chops & Lifts: The Core-Upper Quarter Connection
- The Sternal "Crunch" & "Packing" Your Neck
- The Challenging Pain Patient: Inflammation vs Sensitization – The Pain Neuromatrix



Day 1

- The Foot & the Spine
- Janda's Perturbation Test
- Vele's test & training
- Balance training
- Janda's Small Foot
- ACL Injuries in Females: What have we learned?
- Frontal Plane & Hip Abduction testing
- Lateral Band Walk
- Kettle Bell Carries (Farmers, Suitcase, Bottom's up rack & OH)
- Get-Up Developmental "re-set"
- Lateral Squats/Jumps
- Wall Ball
- Quad Dominance
- Posterior Chain Training
- Bridges
- Dead Lifts
- Hamstring by Tight Hammies
- Hamstring Track w/Ball
- Monster Walk
- Glute-Ham Raise (Nordic Hammies)



Day 2

- SFR
- 1LRDL
- Balance Reaches
- 1 Leg Box Squat
- Lunges
- Anterior Capsule Capsule Mobilizations
- Split Squat
- TRX
- Posterior Capsule Mobilizations
- Ankle Mobilizations
- Eccentric Step-ups
- 1 Leg Hop & X Hops
- Wall March
- Plyo's



The Continuum of Care –Stability to Performance From Head to Toe

- The Overhead Athlete: Should they crawl before they throw?
- Assessment: Empty Can/Lift off/Impingement/Tendinosis
- Push-Up with Plus
- Serratus Punch
- Sternal Crunch w/ Med Ball Overhead
- Pall of Press
- Stir the Pot
- Shoulder packing
- Baby Get-Up
- Bear



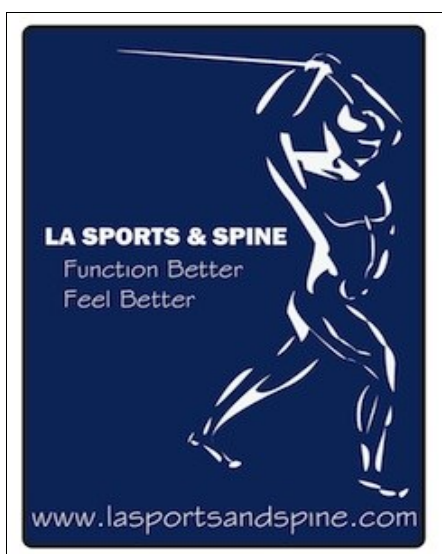
Day 3

- Kettle Bell Carry Bottoms-Up
- TGU
- 1 Arm Row
- 1 Arm Bench Press
- Chops/Lifts
- Med Ball Routine
- Grip training
- The Challenging Pain Patient: Inflammation vs Sensitization – The Pain Neuromatrix



Dr. Craig Liebenson received his chiropractic degree from the Los Angeles College of Chiropractic. He is an Adjunct Professor in the School of Chiropractic, Division of Health Sciences at Murdoch University and a member of the International Association for the Study of Pain and the American Pain Society. Dr Liebenson has published extensively in numerous journals and books on the subject of rehabilitation and chronic pain. He maintains a private practice specialising in rehabilitation in Los Angeles and is the author of patient education books on both the neck and low back.

He is currently Director of the LA Sports and Spine Centre, where he specialises in acute and chronic musculoskeletal pain including sports medicine and post-operative rehabilitation.



19 CPD Hours for each course

**EACH COURSE IS ACCREDITED FOR 19 CPD POINTS
BY THE EUROPEAN ACADEMY OF CHIROPRACTIC**

Registration: Friday 08:45

Friday & Saturday 09:00—17:00

Sunday 09:00—15:30

Lunch and refreshments included



Course organisers reserve the right to make alterations to fees, arrangements and dates for teaching and learning sessions, including the decision to run all or parts of the course in the light of demand. In the event that the course is cancelled or re-scheduled by the course organiser, a full refund of fees will be given, but the college takes no responsibility for travel or accommodation expenses incurred by the delegate. If for any reason you are unable to attend the seminar please be aware that fees will be refunded, less a £10 administration charge, for all cancellations received at least 30 days before the event. Cancellations received after the 30 day period but 7 days prior to the seminar date will receive a 50% refund less the £10 administration charge. No refunds can be given after this time. **Contractual disclaimer:** The views expressed in written material and by presenters do not necessarily reflect those of the AECC, nor does mention of trade names, organisations or professional practices imply endorsement by the AECC. The AECC acts in good faith with respect to the contents of this course information and advertisement material. The AECC does not accept liability resulting in refunds for the content and delivery of the CPD event itself, which remains at the sole discretion of the course speakers and contributors.