

DAILY SCHEDULE

SATURDAY	September 29, 2018
8:00-8:30	Registration and Continental breakfast
8:30-10:00	Update on Movement System Concepts
10:00-10:15	Break
10:15-11:15	LAB: Demonstration and practice analysis of alignment and movement from video recordings of 4 individuals. Work in small groups with instructor support to identify impairments and discuss muscle adaptations potentially associated with the findings.
11:15-12:15	Overview of Scapular Movement System Impairment (MSI) Syndromes
12:15-1:00	Lunch (provided) and afternoon sign-in
1:00-1:45	Overview of Humeral MSI Syndromes
1:45-2:30	Demonstration/practice standing alignment of the upper quarter (spine/scapula/humerus)
2:30-2:45	Break
2:45-4:15	LAB: Demonstration and practice movement tests in standing, supine, prone, and quadruped. Participants will be in small groups and the lab instructors will demonstrate the tests. Participants will practice with other individuals in their group and instructors will provide feedback.
4:15 - 5:15	Demonstration of complete exam on a subject with shoulder pain: participants develop a diagnosis and treatment program
SUNDAY	September 30, 2018
8:30-9:00	Continental breakfast and morning sign-in
9:00-10:00	Cervical MSI Syndromes
10:00-10:15	Break
10:15-11:00	LAB: Demonstration and practice tests for Cervical MSI syndromes
11:00-12:00	Demonstration of complete exam on a subject with cervical pain: participants develop a diagnosis and treatment program
12:00-12:45	Lunch (provided) and afternoon sign in
12:45-2:15	LAB: Some participants practice in small groups performing individual tests on a volunteer with shoulder pain and other participants perform a total exam with supervision (2 participants/1 patient/1 supervisor)
2:15-2:30	Break
2:30-4:00	LAB: Some participants practice in small groups performing individual tests on a volunteer with neck or shoulder pain and other participants perform a total exam with supervision (2 participants/1 patient/1 supervisor)
4:00-5:00	Sport specific movement analysis and treatment of the upper quarter
MONDAY	October 1, 2018
8:30-9:00	Registration and continental breakfast
9:00-10:00	Thoracic MSI Syndromes
10:00-10:45	LAB: Demonstration and practice of selected tests of thoracic spine
10:45-11:00	Break
11:00-12:30	LAB: Some participants practice in small groups performing individual tests on a volunteer with shoulder, neck, or thoracic pain and other participants perform a total exam with supervision (1 or 2 participants/1 patient/1 supervisor)
12:30-1:15	Lunch (provided) and afternoon sign-in
1:15- 2:45	LAB: Some participants practice in small groups performing individual tests on a volunteer with shoulder, neck, or thoracic pain and other participants perform a total exam with supervision (1 or 2 participants/1 patient/1 supervisor)
2:45 - 3:00	Break
3:00 - 4:15	Exercise prescription guidelines for optimizing movement of the upper quarter
4:15-5:00	LAB: practice exercise progressions
TUESDAY	October 2, 2018
8:00-8:30	Continental breakfast and morning sign-in
8:30-9:30	Elbow MSI Syndromes
9:30-10:30	LAB: Demonstration and practice tests of the elbow
10:30-10:45	Break
10:45-12:15	LAB: Some participants practice in small groups performing individual tests on a volunteer with shoulder or neck pain and other participants perform a total exam with supervision (2 or 1 participants/1 patient/1 supervisor)
12:15-1:00	Lunch (provided) and afternoon sign-in
1:00-2:00	Exercise equipment: application of movement analysis and muscle performance
2:00-3:15	Lab: Practice analysis of movement and performance using exercise equipment
3:15 - 3:30	Wrap up