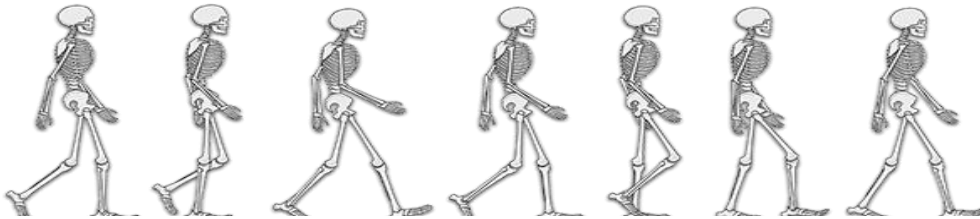


# ANALYSIS OF MOVEMENT COURSE

BRIDGING THE GAP - MSK AND NEURO REHAB MAY BE  
MORE KINDRED THAN WE THINK!



This course is designed for musculoskeletal physiotherapists, personal trainers and movement instructors to enhance their clinical skills by taking a more neurological approach to movement analysis.

To help improve our clients' symptoms and their ability to function we often need to analyse their movements and postures. If someone has a complex or chronic movement dysfunction, it can be hard to pinpoint the factors that are the **cause** and those that are the **result** of their particular history, especially for those with neurological disorders. Sometimes our clients may be ready to progress, but a part of them is so stiff, weak or misaligned, that they are unable to move forwards. It can be an even bigger challenge to attempt a rehabilitation program where the person continually changes. We therefore need to continually update our analytical skills.

This one day course aims to focus on analysis of movement, by observing each other, and better understanding how we move within the vast range of "normal". We will then build on that knowledge to assess common functions and the specific movement difficulties and pathology that may arise. This is a vast topic and one where you may have some "eureka" moments. This information can be applied to our sports injured or neurological clients alike, and is a topic that I believe is very poorly taught, especially for physiotherapists, before they qualify. A patient demo is included in this workshop.

## Course Objectives:

- To define what "normal" movement looks like.
- To observe the huge variety of "normal" sequences within the same task.
- To analyse common everyday activities by observing ourselves and each other by breaking it down into components and then rebuilding it.
- To relate this to dysfunction and pathology. Clips of clients will be provided to illustrate complex movement dysfunction.
- To assess a real client within the session.
- To begin to problem-solve movement disorders using your specific skills.

**Tutor: Michelle Watson** MSc PT CertEd MCSP      **Location:** Wantage, Oxford

**Course Program:**

8:45 - 9:15	Registration
9:15 – 10:15	A summary of theory and research unpinning movement / motor control
10:15 - 11:15	Practical observation
11:15 – 11:45	Tea break
11:45 – 1:00	Problem solving movement dysfunction – practical and patient clips
1:00 – 1:45	Lunch
1:45 – 3:15	Patient demo
3:15 – 3:45	Tea break
3:45 – 4:45	Discussion and clinical reasoning
4:45 – 5:00	Summary and Close