

Registration Information



Contact:
Alta Physical Therapy & Pilates
2955 Baseline Road
Boulder, CO 80303

303-444-8707
www.altatherapies.com

Course Fee: \$390
(CPTN Clinics: \$350)
Sign up for both courses: \$675

Space is limited!

Register for both
courses &
SAVE!

Interpreting

Educating

Evolving

Alta Physical Therapy & Pilates
2955 Baseline Road
Boulder, CO 80303

Functional Movement Control Systems For Clinical Excellence



In Conjunction With:

Alta Physical Therapy



presents Two Great Courses

The Integrated
"Inner Core" for Lumbo-
Pelvic Stability
May 2-3, 2009

&

Mechanical Back Pain
Sub-Groups & Global
Stability Retraining
June 27-28, 2009



Functional Movement Control Systems For Clinical Excellence

Interpreting



Chad S. Brenzikofer,
Accredited Tutor
Kinetic Control
Performance Stability

Chad S. Brenzikofer received his Bachelor's Degree in Exercise Science in May of 1999 from Fort Lewis College. Since finishing his degree, Chad has taken over 30 manual therapy courses, completed a one-year spinal manipulation program, earned his strength & conditioning (CSCS) credentials by the NSCA, and completed a massage therapy program at the Massage Therapy Institute of Colorado. In 2006, Chad became the first *Kinetic Control* Accredited Tutor in the United States. He is also an accredited tutor for *Performance Stability*, has assisted Michael Shacklock of Neurodynamic Solutions, and has done consulting work with Al Vermeil, former strength & conditioning consultant to the Chicago Bulls. Chad is the owner and director of Muscle Management Therapies, Inc. in Denver, CO offering massage therapy, manual therapy, fitness training & consulting services.



Educating

The Integrated 'Inner Core' Cylinder for Lumbo-Pelvic Stability May 2-3, 2009

Contemporary research has highlighted the importance of local muscles for maintaining stability and function of the lumbar spine and pelvis. Assessment and retraining of local muscles is an ongoing source of confusion and debate amongst manual therapists. The "real" function of these muscles is gradually becoming clear. Learn about the latest research; what it reveals will immediately change the way you treat your patients suffering low back pain.

After this course you will understand:

- Functional anatomy of the lumbar local muscle system.
- Training muscles to create a "dynamic core cylinder"
- Muscle training for control of intersegmental motion
- Put to rest the controversy about function of transverse abdominis, multifidus, psoas, pelvic floor and diaphragm muscles

Evolving

Classification of Mechanical Back Pain Sub-Groups & Global Stability Retraining June 27-28, 2009

Mechanical back pain and the movement dysfunctions causing it often seem complex and confusing. Trying to treat mechanical low back pain based on a diagnosed pathology is often fruitless and frustrating. Because articular and myofascial restrictions are common, the body compensates by creating motion elsewhere. Compensations that are effectively controlled are likely to remain symptom free. However, compensation that is not well controlled may develop into direction related pain. Diagnosis & assessment of global dysfunction is based on failure of the global stability muscles to control movement in the sagittal, coronal, and/or axial planes.

After this course you will be able to:

- Identify & treat sub-groups of the mechanical low back pain population
- Assess for & treat deficiencies of global motor recruitment and control
- Use a recently-developed assessment system based on the latest research.
- Understand stability as it relates to movement control in sagittal, coronal and/or axial planes.