Course Outline
Organizing Your Functional Toolbox

Friday, March 25, 2011
7:30 am  Registration/Continental Breakfast
8:00 am  Introduction
8:15 am  Organizing Your Tool Box
   Core, FMS, SFMA, Y Balance Test
   Effect of Pain on Motor Control
10:00 am  Break
10:15 am  Start the Building With the Foundation
   How many ways can you NOT squat?
   (Lessons from students!!)
   SFMA Lecture/Lab
   “The Big 7”
   Seven Fundamental Movement Tests
12:15 pm  Lunch (on own)
1:15 pm  Do you use WD-40 or Duct Tape?
   Flexion Breakout Lecture/Lab
   Mobility vs. Stability
2:30 pm  Flexion Breakout Intervention Lecture/Lab
3:30 pm  Break
3:45 pm  Tool Safety & Principles: Not the cool part
   of working with tools, but one of the most
   important
   Principles of EBP
   Choosing and Utilizing Clinical Outcome Measures
   Selecting Your Tools
   Principles of Exercise Intervention
5:00 pm  Adjourn

Saturday, March 26, 2011
8:00 am  A New Power Tool?
   Upper and Lower Quarter Y Balance Test
   Lecture/Lab
9:45 am  Break
10:00 am  Understanding Functional Movement Systems
10:30 am  A Chisel Can Be More Powerful Than a Saw
   Breathing
   Rolling
   Rotation breakout: Lecture and Lab Overview
12:30 pm  Adjourn

MedSport Sports Medicine Program includes Orthopaedic Sports Medicine, Physical Therapy, Athletic Training Services and the Athletic Performance Center. This program provides services to area athletes at all levels; Olympic, professional, elite, collegiate, high school and recreational.

Our mission is to provide complete sports medicine services for orthopaedic related injuries and conditions. In addition, we will promote research and educational opportunities in sports medicine for our staff and students.

Complete location and hotel information will be sent upon registration.

Registration

Name: ______________________________

☐ PT  ☐ ATC  ☐ PTA  ☐ ______

Address: ______________________________

City: ______________________________

State: ______ Zip: ____________

Email: _____________________________

Phone: (_____) ______________________

Course Fee: $300.00
Registration Deadline: March 18, 2011
(or until course is full, seating is limited)

Check (payable to: UMHS) ☐

Visa ☐ MC ☐

Card#: _____________________________

Exp. Date: __________________________

Signature: _________________________

Please fax or mail registration to:
Cindy Newcom
24 Frank Lloyd Wright Drive
P.O. Box 391
Ann Arbor, MI 48106-0391
Phone/Fax: (734) 930-7417/7416

UMHS MedSport retains the right to cancel the course at any time. UMHS MedSport is not responsible for expenses incurred in case of cancellation. Requests for refunds must be made in writing, 15 days prior to course date. Requests made less than 15 days prior to the course date are subject to $50 charge.

Provider #P546
11.75 CEUs

© The Regents of the University of Michigan 2008
Organizing Your Functional Toolbox: Key Concepts and Strategies in Functional Examination and Treatment

Presented by

Barb Hoogenboom
EdD, PT, SCS, ATC

Phil Plisky
PT, OCS, ATC

March 25-26, 2011
Ann Arbor, MI

Instructors

Dr. Hoogenboom is an Associate Professor in the Physical Therapy Program at Grand Valley State University. A physical therapist since 1985, Barb has been certified as an Athletic Trainer since 1988 and The American Board of Physical Therapy Specialties originally certified her as a Sports Certified Specialist in 1993, and re-certified her in 2003. She completed a Master’s degree in Health Science in 1997 at Grand Valley State University and a Doctorate in Educational Leadership at Eastern Michigan University in 2006. Barb maintains a clinical practice in Sports Physical Therapy through Advent Rehab at their GRSportscenter Clinic, and through pro-bono community clinics. Dr. Hoogenboom has contributed to the literature by published articles, research/case reports, home study courses, multiple textbook chapters, and as co-editor of a textbook. She enjoys studying, writing, and presenting on the Female Athlete Triad, core strengthening or “Butt and Gut”, Functional Performance and testing, as well as prevention of ACL injuries.

Dr. Plisky is the Vice President of Clinical Excellence and the Residency Program Director at ProRehab, PC and Assistant Professor at the University of Evansville in Evansville, IN. He specializes in sports and orthopedic rehabilitation, with emphasis on injury prevention in athletes. He received his Master of Physical Therapy Degree from the University of Evansville and his Doctor of Science Degree in Orthopedic Physical Therapy from Rocky Mountain University of Health Professions. He is a board certified clinical specialist in orthopedics through the American Board of Physical Therapy Specialties. He is also a Certified Athletic Trainer and Certified Strength and Conditioning Specialist. Dr. Plisky has published and lectured internationally on risk factors for injury in athletes and is an adjunct faculty member at Rocky Mountain University of Health Professions. He currently is conducting epidemiological research on comprehensive movement testing and interventions in athletes, soldiers, and school aged children. Dr. Plisky is a consultant for numerous collegiate and professional teams for injury risk identification and injury prevention.

Please visit our web site for future 2011 courses
http://www.med.umich.edu/medsport/

Please be a contra-indication to exercise.