Friday, March 23, 2012
7:30 am Registration/Continental Breakfast
8:00 am Introduction/Background on Gary Gray, the Gray Institute, and GIFT
   Father of Function
   Programs/offering of the Gray Institute
   Basic framework of GIFT, a 40 week fellowship program
8:30 am Principles of Motor Learning
   Inverted pyramid approach
   Creating unlimited options for movement
10:30 am Break
10:45 am Chain Reaction Biomechanics
   Foot/Ankle
   Lower limb/knee
   Hip/Pelvis
   Lumbar spine
   Thoracic spine
12:00 pm Lunch (on own)
1:00 pm Analysis of common functional movements
   Gait
   Golf
   Throwing sports
   Vocational
3:15 pm Break
3:30 pm Critical analysis of traditional exercises for common diagnoses
   4 plane SLR
   Scapular stabilization
   Lumbar pelvic stabilization
   Deep cervical flexion
5:00 pm Adjourn

Saturday, March 24, 2012
8:00 am Evaluation quick hitters
   Streamlined functional movement analysis
8:30 am Drivers
   Techniques to authentically influence movement
9:30 am Breakout session – Lab
   Functional movement analysis
10:30 am Break
10:45 am Case Studies
12:15 pm Adjourn

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.

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.

Registration

Name: ____________________________

☐ PT ☐ ATC ☐ PTA ☐ __________

Address: ____________________________

City: ______________________________

State: ___________ Zip: ______________

Email: ____________________________

Phone: (____) ______________________

Course Fee: $300.00
Register Deadline: March 16, 2012
(or until course is full, seating is limited)

Check (payable to: UMHS) ☐

Visa ☐ MC ☐

Card#: ____________________________

Exp. Date: _________________________

Signature: X

Provider #P546
11.5 CEUs

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.
Integrating Function Into Clinical Practice:
From Testing to Treatment Strategies

Presented by

Dave Van Andel
MSPT, FAFS, CSCS

Wynne Martin
MSPT, FAFS

Robin Isaacs
PT, FAFS

March 23-24, 2012
Ann Arbor, MI

Dave Van Andel, MSPT, FAFS, CSCS, completed his master’s degree in physical therapy from Central Michigan University in 1997 and his bachelor’s of arts in psychology in 1994. Before starting Shoreline Sport & Spine in 2005, he worked at outpatient orthopedic clinics in Kalamazoo and Grand Haven. Dave currently serves as adjunct faculty in the Doctor of Physical Therapy Program at Grand Valley State University.

Dave has substantial continuing education experience specializing in functional rehabilitation, orthopedics, sports therapy, and manual medicine through Michigan State University, University of St. Augustine and Active Release Techniques. Dave completed a residency in Applied Functional Science in 2007. He has earned certification in Strength and Conditioning (CSCS) through the National Strength and Conditioning Association. Dave specializes in an orthopedic kinetic approach, with a sports medicine and conditioning passion.

Wynne Martin, MSPT, FAFS, completed her master’s degree in physical therapy from Grand Valley State University in 1999 and her bachelor’s of arts in biology in 1994. Her employment history includes some inpatient rehabilitation and acute care; however, most of her 11 years of experience have been in outpatient orthopedics. Prior to joining Shoreline Sport & Spine she served as a clinic supervisor for 3 years.

Wynne also has made it a priority to participate in numerous continuing education experiences over the years and has developed a particular interest in foot and ankle biomechanical assessment and treatment. While participating in a local running club, she has presented both injury prevention and gait analysis clinics. She completed a residency in Applied Functional Science in 2009 through the Gray Institute of Functional Transformation and has enjoyed the challenge of incorporating a functional approach to evaluation and treatment.

Robin Isaacs, PT, FAFS, is a graduate of the University of the Western Cape in Cape Town, South Africa. He completed his physical therapy degree in 1993. He went on to complete his Fellowship in Applied Functional Science through the Gray Institute in 2009. He is certified as a Golf Performance Specialist, analyzing movement dysfunctions in the golf swing and integrating corrective exercises to enhance golf performance.

Robin has completed multiple continuing education courses in the field of manual therapy, soft tissue mobilization and functional therapeutic exercise. He has over 15 years of experience in treating outpatient orthopedic and sports medicine patients. He has extensive training in looking elsewhere in the body to find root causes for patient’s symptoms.

He has lectured frequently on the topic of Applied Functional Science to physical therapists, students, physical therapy assistants, athletic trainers and personal trainers. He continues to successfully integrate core functional principles into his clinical practice.

Please visit our web site for future 2012 courses
http://www.med.umich.edu/medsport/

Participants should be dressed in lab clothes that allow examination of the upper and lower extremity. Please alert the instructor if you have any medical conditions that may be a contra-indication to exercise.