

# MULTIPLANE FUNCTIONAL Exercises For Common Musculoskeletal Pathology

Foot, Ankle, Knee, Hip, Lumbar  
Spine and Shoulder Complex

**Continuing Education Seminar**  
(PT, PTA, ATC, NSCS, NSCA-CPT)  
Saturday August 27th, 2011  
8:00 A.M. - 5:00 P.M.

Presented by: **Therapy In Motion**  
Cindy Merrick, MS, PT

Course proceeds benefitting the Oklahoma  
Physical Therapy Foundation



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SCAN FOR MORE  
INFORMATION.

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Anytown, State ZIP

## Registration Form

Full Name:

Date:

Phone:

Email:

Address:

Certification: PT PTA ATC CPT (please circle)

Course Fee: \$100 (\$50 Students) please enclose  Check

Visa  MasterCard  Discover

Checks payable to:

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Name as appears on card:

Mail payment and  
Registration Form to:  
2475 Boardwalk  
Norman, OK 73072

Card Number:  
Expiration Date:

For more information call (405) 447-1991 x 117

Cancellation Policy: If for any reason you are unable to attend the course on the specified date, up to 80% of your course fee can be reimbursed. The remaining 20% will be retained by the registration party as a processing fee.

# Course Agenda

Saturday August 27th, 2001

8:00 A.M.	Registration
8:30 A.M.	Welcome & Introduction, Professional Integration
9:00 A.M.	Posture, Biomechanics, Exercise Principles
10:00 A.M.	Balance and LE proprioception
11:00 A.M.	Break
11:15 A.M.	Anatomy, common pathology and exercise for: <ul style="list-style-type: none"><li>• Foot/ Ankle – ankle sprains, shin splints, plantar fasciitis, achilles tendonitis, tarsal tunnel, neuromas, fractures, peroneal tendonitis</li><li>• Knee/Leg – ACL injuries, PFJS, Hamstring Strains</li></ul>
12:30 P.M.	Lunch (Provided)
1:00 P.M.	Anatomy, common pathology and exercise for: <ul style="list-style-type: none"><li>• Hip – OA, Greater Trochanteric Bursitis, Piriformis Syndrome, Snapping Hip</li><li>• Lumbar – HNP, DDD, Stenosis, Vertebral Rotations, Spondylothesis, Hypomobility, Hypermobility</li></ul>
3:15 P.M.	Break
3:30 P.M.	Anatomy, common pathology and exercise for: <ul style="list-style-type: none"><li>• Shoulder – Impingement, RC Tears, AC Separations, Instability</li></ul>
4:30 P.M.	UE and LE Plyometrics
5:00 P.M.	Conclusion and Q & A
5:30 P.M.	Adjourn

## MULTIPLANE FUNCTIONAL

### Exercises For Common Musculoskeletal Pathology

Foot, Ankle, Knee, Hip, Lumbar Spine and Shoulder Complex

ATTENTION: Physical Therapists, Physical Therapy Assistants, Certified Athletic Trainers, Certified Personal Trainers and Strength & Conditioning Coaches.

#### Goals & Objectives

- ◆ Understand the basic principles of exercise
- ◆ Incorporate neutral posture into exercise
- ◆ Integrate appropriate biomechanics into exercise
- ◆ Utilize an anatomical foundation for exercise
- ◆ Create individualized functional multiplane exercises
- ◆ Create individualized UE and LE plyometric programs
- ◆ Develop comprehensive exercise regimes for common musculoskeletal pathology of the lumbar spine, hip, knee, foot/ ankle, and shoulder complex
- ◆ For more information on this course visit: <http://www.therapyinmotion.net/CEU>



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**Location: College of Allied Health**  
University of Oklahoma Health Sciences Center  
1200 North Stonewall Ave., Oklahoma City, OK 73117



#### Don't Miss Out On This Great Continuing Education Opportunity

Cindy Merrick, MS, PT, a physical therapist in Norman, OK has co-owned and operated Therapy In Motion, a private outpatient practice for nearly 20 years. Her clinical achievements, experience, treatment approach and leadership philosophy have contributed her her growing successful practice of three metro area clinics. Merrick's "Multiplane Functional Exercises for Common Musculoskeletal Pathology" is an interactive seminar that will cover detailed anatomy, common pathology and effective exercise for the foot, ankle, knee, hip, lumbar spine, and shoulder complex. Emphasis will be placed upon innovative functional exercises using a variety of exercise equipment and techniques.

You will not want to miss this **informative evidence based** and **affordable** continuing education opportunity. Learn from the best about new ways to help your patients move forward into a brighter, more functional and pain free future.

8 CEU Hours!

#### Register Today!

- ◆ 8 Hours of Continuing Education Credit
- ◆ Evidenced Based
- ◆ Comprehensive Course Materials Included
- ◆ Applicable Curriculum
- ◆ Lunch Included!

