

MT-FMC: Motor Control Strategies to Maximize Rehabilitation and Function



17.0 Direct Contact, Live, In-Person Hours + 11.9 Home Study Hours
Total: 28.9 Hours; 2.9 CEUs
Course Fee: \$675

Course Description

This course replaces MT-ST: Stabilization Training & Functional Rehabilitation as of 12/15/21. Incorporating the latest peer-reviewed published research from multidisciplinary worldwide sources, the instructor leads participants through a critical evaluation of the research and functional anatomy underlying the corresponding philosophies of spinal and peripheral stabilization, motor control strategies for rehabilitation, and maximizing function. Learn the importance of and how to perform a focused evaluation of the patient/client's presentation via a detailed assessment. Provides strategies for determining the most effective and efficient specific exercise regime to ensure graduated and specific muscle facilitation, retraining, strengthening, and endurance using real patient scenarios and specific diagnoses. Extensive laboratory (90% of direct contact hours) in which to practice graduated stabilization, specific exercise prescription, and motor control strategies to normalize muscle imbalances and movement pattern dysfunctions. Participants develop and refine the strategies presented using targeted facilitation, recruitment, and specific strengthening and endurance exercises to ensure maximum rehabilitation and function. Interventions are based upon Evidence-Based Practice (EBP), physiology and current concepts in motor control and functional rehabilitation **Regions covered include: Lumbar and Cervical Spine, Shoulder, Hip, Knee and Ankle injuries, as well as common post-surgical conditions and specific common pathologies and diagnoses.** This course integrates with and mutually reinforces the manual therapy assessments and interventions in the MAPS Certification series, and may also be taken at any time as a stand-alone course. *Includes required Home Study course component of approximately 11.9 hours.*

MT-FMC Course Schedule*

Pre course online modules includes 4.15 hours of lecture

Day 1: 7:30am-6:30pm

Day 2: 8:00am-4:45pm

**Times subject to change*

MT-FMC Course Requirements: Open to PTs, MDs, DOs, PTAs, and ATs. Enrollment limited. Lab clothes required for all sessions

MT-FMC Course Objectives: *Course participants upon completion will be able to:*

- Discuss the latest peer reviewed published research regarding stabilization and motor control training.
- Explain the major philosophies and models of stabilization and motor control training
- Discuss the detailed anatomy and role of various key muscles involved in functional motor control.
- Demonstrate the principles of evaluation and assessment to determine the functional stability and motor control of a patient's Lumbar and Cervical spine, and the Shoulder, Hip, Knee and Ankle.
- Select an appropriate motor control intervention based upon the clinical assessment and relevant special tests.
- Apply principles of exercise physiology, exercise prescription and motor control training to ensure appropriate dynamic stabilization is maximized.
- Evaluate the effectiveness of comprehensive retraining strategies provided to specific patients with various pathologies.
- Determine the most effective and efficient interventions using graduated and specific muscle facilitation, recruitment, retraining, strengthening and endurance in real patient scenarios with specific diagnoses. *Demonstrate at least once during laboratory.*
- Determine interventions to normalize muscle imbalances and movement pattern dysfunctions through graduated stabilization, specific exercise prescription, and motor control strategies. *Demonstrate at least once during laboratory.*
- Develop and refine interventions to ensure maximum rehabilitation and functional performance using targeted facilitation, recruitment, and specific strengthening and endurance exercises. *Demonstrate at least once.*