



## **IKN Approach Level 1**

### **Day 1**

#### **9:00am - 10:30am**

- Key neuro-mechanical principles that govern movement control
- Neurology of perturbed vs unperturbed movement
- Neurology of pain & other protective mechanisms
- Proximal & distal features of movement control

#### **10:30 - 10:45:** Break

#### **10:45am - 12:30pm**

- Lower Limb assessment & rehabilitation principles
- Freezing & freeing framework
- Proximal & distal neuro-mechanical considerations

#### **12:30 - 1:30pm:** Lunch

#### **1:30pm - 3:30pm**

- Assessment of lumbar spine, hip, knee, ankle & foot complexes
- How to use a coordinative coupling lens
- How to identify key entry points to treatment

#### **3:30 - 6:00pm**

- Practical rehabilitation/training strategies for lower limb conditions
- How to sequence rehab using a distal to proximal framework
- Designing rehab/treatment plans for common conditions
- Case study examples



## **Day 2**

### **9:00am - 10:30am**

- Assessment of neck, shoulder, elbow, wrist & hand complexes
- How to use a coordinative coupling lens
- How to identify key entry points to treatment

### **10:30 - 10:45:** Break

### **10:45am - 12:30pm**

- Practical rehabilitation/training strategies for upper limb conditions
- How to sequence rehab using a distal to proximal framework
- Designing rehabilitation plans for common conditions
- Case study examples

### **12:30 - 1:30pm:** Lunch

### **1:30pm - 3:30pm**

- Bottom-up & top down neuromechanical features of the midline
- Visual & vestibular interactions with spinal tissues
- TMJ load capacity & its impact on head/neck load sharing
- TMJ, Visual & vestibular assessments

### **3:30 - 6:00pm**

- Practical rehabilitation/training strategies for TMJ, visual system, vestibular system & midline segments
- Case study examples