



IKN Approach Level 1

Day 1

9:00am - 10:30am

- Applied neurology & musculoskeletal rehab Integration overview
- Neurology of undisturbed movement vs real-world movement
- Neurology of protection/pain through an IKN lens
- Neurology of load and its influence on movement control

10:30am - 12:30pm

- Midline practical assessments to determine force management capabilities
- Identifying sensory reweighting ability (proprioceptive - visual - vestibular)
- How to use specific feedback markers to guide treatment plan
- Neurology of breath coordination and its influence on muscle tone
- Rib cage & diaphragm coupling and their influence on midline and limb movement
- Practical breathing assessments to guide your treatment & rehabilitation
- Practical breathing strategies to reduce muscle tone and improve midline coordination
- Integrating breath coordination with limb loading
- Midline case studies

1:30pm - 3:30pm

- Practical neurology of upper and lower limbs
- Practical upper limb force sharing assessments
- Practical lower limb force sharing assessments
- Practical limb and midline dissociation assessments
- Upper limb and lower limb loading strategies and progressions
- Specific upper limb and lower limb case studies

3:30 - 5:00pm

- The importance of improving tissue awareness via cortical mapping
- Feedback-focused cortical mapping assessment
- Lower limb cortical mapping interventions
- Upper limb cortical mapping interventions
- Case studies



Day 2

9:00am - 10:00am

- Review of upper and lower limb assessments & loading strategies

10:00am - 12:30pm

- Vestibular system Integration
- Vestibular system load capacity testing
- Vestibular reflexes and their influence on spinal control
- How to load the vestibular system to drive predictive control at the spine and limbs
- How poor vestibular load capacity can lead to increased spinal tension
- Layering vestibular drills with specific peripheral tissue/proprioceptive loading strategies
- Integrating the vestibular system into a graded exposure rehab plan
- Case studies

1:30pm - 3:30pm

- Visual system integration
- Understand the importance of the visual system on movement control
- Understand the connection between the eyes and the spine
- Practical strategies to identify ocular muscle coordination
- Eye & head movement coupling strategies
- Practical strategies to improve poor eye muscle coordination
- Integrating peripheral tissue loading with visual system
- Case studies

3:30pm - 5:00pm

- The TMJ and its influence on neck & spinal pain
- TMJ load capacity testing & integration
- Specific TMJ loading strategies and layering techniques with spine
- Importance of tongue position and isometric loading for neck & spinal pain
- Case studies