



IKN
INTEGRATED KINETIC NEUROLOGY

9-10:00am: **Neurology & Performance**

- How does IKN view performance?
- Neurology of low intensity vs high intensity movement
- Midline vs limb focused performance training. What's the difference?

10:00am-10:30am **Performance Marker Testing**

(practical Breakout)

- Identify unique sensorimotor patterns
- Assessing biochemical/physiological state of athlete

10:30am-11:30am **Sensory Load Capacity Testing for the Athlete**

(practical breakout)

- Vestibular, Visual, Cerebellum assessment & load tolerance training

11:30am-12:30pm **Midline Coordinative Loading**

(practical Breakout)

- Neural influence on muscle tone, stiffness & slack at midline
- Integration & exercise ideas

1:30-3:00pm **Upper Limb Performance Training**

(practical breakout)

- Proprioceptive loading
- Sensory integration ideas
- Cognitive & motor dual tasking

3:00-4:30pm **Lower Limb Performance Training**

(practical breakout)

- Proprioceptive loading
- Sensory integration ideas
- Cognitive & motor dual tasking

4:30pm-5:00pm **Advanced Sensory Training**

(practical breakout)

- Hand Eye Coordination
- Open vs closed skill training