



## **IKN Approach Level 2**

### **Day 1**

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

- Lumbopelvic assessment & rehabilitation features
- Objective lumbopelvic assessments to guide rehab
- Lumbopelvic rehab strategies for local/global muscular and joint limitations
- Case studies

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

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

- Knee assessment & rehabilitation features
- Objective knee assessments to guide rehab

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

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

- Knee rehab strategies for local/global muscular and joint limitations
- Case studies

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

- Foot & ankle assessment & rehabilitation features
- Objective foot & ankle assessments to guide rehab
- Foot & ankle rehab strategies for local/global muscular and joint limitations
- Case studies



## **Day 2**

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

- Neck & thoracic spine assessment & rehabilitation features
- Objective neck & thoracic spine assessments to guide rehab
- Neck & thoracic rehab strategies for local/global muscular & joint limitations
- Case studies

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

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

- Shoulder assessment & rehabilitation features
- Objective shoulder assessments to guide rehab

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

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

- Shoulder rehab strategies for local/global muscular & joint limitations
- Case studies

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

- Elbow, wrist, and hand assessment & rehabilitation features
- Objective elbow, wrist, and hand assessments to guide rehab
- Elbow, wrist, and hand rehab strategies
- Case studies