



1.) Applied Neuroscience of Undisturbed Movement

- The brain's role during movement
- Feedback focused strategies and movement variability
- How to use these concepts during rehab and training

2.) Applied Neuroscience of Real-World Movement

- How neural control changes to adapt to dynamic environments
- Important movements to assess and influence for quality control
- Importance of assessing load tolerance of multiple subsystems
- How to use these concepts during rehab and training

3.) How the Eyes, Hands, and Feet Help to Organize Movement

- How the brain simplifies movement output
- Distal vs proximal movement strategies
- How organizing rehab around neural control can simplify rehab and training

4.) Practical Assessments

- How to educate the client for optimal understanding & compliance
- How to assess the load capacity of the brain's body map
- How to identify poor body part representation
- How to use findings to guide treatment and training

5.) Practical Conscious Integration Strategies

- Vector based isometrics with brain mapping
- How to integrate breath
- Creating FEEL early during treatment and training
- How to progress and add neural engagement
- Lower extremity focused strategies

6.) Importance of Coupling & Interaction for Real-World Movement

- How body segments cooperate for load/force dissipation
- Organizing rehab/training to drive robust movement qualities

7.) Practical Subconscious Integration Strategies

- Practical strategies to improve limb force transmission
- Isometric progressions to improve joint coupling
- Reactive limb-based strategies that integrate midline & "core" stability
- Adding speed and higher load to movement
- Upper extremity focused strategies