IKN Approach Level 1 ONLINE

Pre-Course

- Research Articles
- Recommended books
- Receive the powerpoint

Week 1

- Applied neurology & musculoskeletal rehab Integration Overview
- Dynamic Systems Theory Integration with rehabilitation
- Neurology of undisturbed movement vs real-world movement
- Neurology of pain through an IKN lens
- Neurology of stress and its influence on movement control
- Importance of adaptation resources, environmental resilience, and robustness

Week 2

- Strategies to Identify how well your client is managing stress
- Practical assessments to determine gravity management strategies
- Identifying sensory reweighting ability (proprioceptive- visual- vestibular)
- How to use biofeedback markers to guide treatment plan
- Practical assessments to identify your client's ability to generate appropriate tension
- Understanding breathing & applied neurology
- How specific breathing patterns impact muscle tone
- Rib cage/diaphragm mechanics and their influence on spine-related pain
- Breathing assessments to guide your treatment & rehabilitation
- Breathing strategies to reduce muscle tone and improve spinal/rib cage coordination
- Practical breathing strategies with upper and lower quadrant focus
- How to integrate breathing with movement to build quality load tolerance

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Week 3

- Practical assessment to determine where to begin rehab/treatment
- Introduction to midline vs limb assessment and rehabilitation
- Understand how the nervous system simplifies movement in the real-world

- Understand the importance of peripheral tissue coupling for robust movement
- Understand the neurological difference in movement control of our anatomy
- Hands-on upper & lower limb practical assessment to determine where to start
- Practical strategies to facilitate an “effective limb” that can tolerate stress/load
- Strategies to integrate breathing & midline coordination with peripheral tissue loading
- How to progress clients and add neural engagement with movement strategies

Week 4

- Neurology of isometrics and where they fit into rehabilitation
- Importance of improving moment to moment feedback before dynamic movement
- How to integrate focused isometrics with neural strategies to improve movement control
- How to improve “cortical mapping” before progressing with graded exposure rehab
- Layering “cortical mapping” techniques with isometric rehab for pain and movement
- The importance of “good enough” movement and how to practically apply during rehab
- Case examples of upper limb, lower limb, and midline presentations

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Week 5

- Integrating a multi-sensory approach with a graded exposure process
- Understanding “neurotag reconditioning” and why a top-down approach matters
- How to explain to the client why it’s important to integrate higher order sensory systems
- Specific cases where it's crucial to understand load tolerance of the sensory systems
- Sensory mismatch influences on persistent pain

Week 6

- 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 lower limbs
- Why poor vestibular coordinative variability can lead to increased spinal tension

- Layering vestibular drill with specific peripheral tissue/proprioceptive loading strategies
- Integrating the vestibular system into a graded exposure rehab plan
- Case examples

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Week 7

- 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 tissue loading with visual system
- Combining breath coordination, eye movement, and spinal/midline movement for pain

Week 8

- The TMJ and its influence on neck & spinal pain
- Trigeminal nerve/jaw influence on spinal & upper extremity pain presentations
- 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
- Manual strategies for TMJ loading
- Structuring Multi-sensory Graded Exposure Rehab 889

Bi-Weekly Cohort Live Wrap Up