



Integrated Kinetic Neurology Approach Level 2

Module 1: Building Your Assessment & Treatment Framework

- Key features of IKN's assessment & treatment framework
- Fundamental top-down vs bottom up features
- Highlighting key differences in midline/trunk vs limb neuromuscular control dynamics
- Categorizing treatment into feedback vs protective-focused strategies
- Neurology of graded exposure & sequencing treatment progressions

Module 2: Lower Limb Assessment

- Understand the key features allowing the lower limb to be robust
- Lower limb control dynamics and how this will guide your assessment
- Importance of understanding muscle & joint architectural arrangement
- Practical assessment of key features of foot/ankle, knee, and hip
- Identifying global vs local movement strategies of the lower limb
- Importance of assessment sequence to guide initial treatment strategies

Module 3: Lower Limb treatment

- Dissociation strategies to facilitate effective force sharing
- Manual & active feedback-focused strategies for foot/ankle, knee, and hip complex
- Directional focused loading strategies for foot/ankle, knee, and hip complex
- Coordinative loading strategies for specific musculoskeletal complaints
- Specific treatment/rehab sequences with progressions & regressions

Module 4: Midline Assessment

- Understanding key features for an adaptable midline
- Midline control dynamics and how this influences your assessment
- Practical assessments for neck, rib cage, and lumbopelvic complex
- Identifying global vs local movement strategies of the lower limb
- Using specific limb dissociation tests to reflect midline adaptability

Module 5: Midline Treatment

- Manual & active feedback-focused strategies for neck, rib cage, and lumbopelvic complex
- Specific breath coordination treatment strategies with progressions & regressions
- How to leverage gravity to specifically load neck, rib cage, and lumbopelvic complex
- Coordinative loading strategies for specific musculoskeletal complaints
- Specific treatment/rehab sequences with progressions & regressions

Module 6: Upper Limb Assessment

- Understand the key features allowing the upper limb to be robust
- Upper limb control dynamics and how this will guide your assessment
- Importance of understanding upper limb muscle & joint architectural arrangement
- Practical assessment of key features of hand/wrist, elbow, and shoulder complex
- Identifying global vs local movement strategies of the upper limb
- Importance of assessment sequence to guide initial treatment strategies

Module 7: Upper Limb Treatment

- Dissociation strategies to facilitate effective upper limb force sharing
- Manual & active feedback-focused strategies for hand/wrist, elbow, and shoulder complex
- Directional focused loading strategies for hand/wrist, elbow, and shoulder complex
- Coordinative loading strategies for specific musculoskeletal complaints
- Specific treatment/rehab sequences with progressions & regressions

Module 8: Clinical Case Scenarios

- Example assessment & treatment progressions for common midline and upper/lower limb cases