



IKN Approach Online Level 2

Module 1

- Lumbopelvic assessment & rehabilitation features
- Objective lumbopelvic assessments to guide rehab
- Lumbopelvic rehab strategies for local/global muscular and joint limitations
- Key quantitative & qualitative variables to guide progressions & regressions
- Multiple case studies

Module 2

- Knee assessment & rehabilitation features
- Objective knee assessments to guide rehab
- Knee rehab strategies for local/global muscular and joint limitations
- Key quantitative & qualitative variables to guide progressions & regressions
- Multiple case studies

Module 3

- Foot & ankle assessment & rehabilitation features
- Objective foot & ankle assessments to guide rehab
- Foot & ankle rehab strategies for local/global muscular and joint limitations
- Key quantitative & qualitative variables to guide progressions & regressions
- Multiple case studies

Module 4

- Neck & thoracic spine assessment & rehabilitation features
- Objective neck & thoracic spine assessments to guide rehab
- Neck & thoracic rehab strategies for local/global muscular & joint limitations
- Key quantitative & qualitative variables to guide progressions & regressions
- Multiple case studies

Zoom Q & A

Module 5

- Shoulder assessment & rehabilitation features
- Objective shoulder assessments to guide rehab
- Shoulder rehab strategies for local/global muscular & joint limitations
- Key quantitative & qualitative variables to guide progressions & regressions
- Multiple case studies

Module 6

- Elbow, wrist, and hand assessment & rehabilitation features
- Objective elbow, wrist, and hand assessments to guide rehab
- Elbow, wrist, and hand rehab strategies
- Key quantitative & qualitative variables to guide progressions & regressions
- Multiple case studies

Module 7

- Lower limb ballistic & plyometric strategies
- Advanced lower limb assessments
- Quantitative & qualitative variables to guide progressions & regressions
- Lower limb return to play clinical reasoning
- Case studies

Module 8

- Upper limb ballistic & plyometric strategies
- Advanced upper limb assessments
- Quantitative & qualitative variables to guide progressions & regressions
- Upper limb return to play clinical reasoning
- Case studies

Zoom Q & A

