



IKN Approach Level 2 Online

Pre-Course

- Research articles
- Recommended reading
- Receive the powerpoint

Week 1: Subjective & Objective Fundamentals

- Establish the key features of the subjective history that guides objective assessment
- Identify global & local neuromechanical interactions
- How to use segmental interactions to guide objective assessment
- Test - intervention - retest concepts
- How to map your objective findings

Week 2: Lower Limb Assessment

- Mapping the lower limb & lower midline coordinative structure
- Establish key considerations for lumbar spine, hip, knee, and foot/ankle complexes
- Practical assessments of lumbar spine, hip, knee, and foot/ankle complexes

Zoom Q & A session

Week 3: Lower Limb Rehabilitation

- Sequencing global & local capacities of lower limb & lower midline
- Practical loading strategies based on joint complex limitations
- Lumbar spine, hip, knee, and foot/ankle case study scenarios

Week 4: Midline Rehabilitation

- Practical strategies to restore multi-planar dissociation capacities to midline region
- Peripheral nerve loading strategies
- Restoring rib cage, pelvic, and femoral dissociation in standing
- Practical strategies to facilitate appropriate distal & proximal behaviours



Zoom Q & A

Week 5: Upper Limb Assessment

- Mapping the upper limb & upper midline coordinative structure
- Establish key considerations for cervical spine, shoulder, elbow, and wrist/hand
- Practical assessments of cervical spine, shoulder, elbow, and wrist/hand

Week 6: Upper Limb Rehabilitation

- Sequencing global & local capacities of upper limb & upper midline
- Practical loading strategies based on joint complex limitations
- Cervical spine, shoulder, elbow, and wrist/hand case study scenarios

Zoom Q & A

Week 7: Lower Limb Plyometrics

- Establish framework to guide lower limb plyometric strategies
- The importance of delaying distal isometric lower limb behaviors
- Disturbance control versus force production neuromechanical behaviors
- Practical lower limb plyometric strategies

Week 8: Upper Limb Plyometrics

- Establish framework to guide upper limb plyometric strategies
- Practical upper limb plyometric strategies

Zoom Q & A