



Long-Duration Isometrics (LDI): A Neuroanatomical Lens

10am-1pm EST Live Course on Zoom

(All purchasers will receive recording as well)

Content Outline

- Key limb vs midline neuroanatomical features
 - Why is this important practically?
- Control strategies & organization principles
 - Disturbance control vs movement generation
 - How does this influence our isometric strategies?
 - Overcoming vs Yielding isometrics
- Top-down neurology of LDI's
 - Why are isometrics key for pain management?
 - What happens in the brain?
- Upper Limb LDI's
 - Overcoming & yielding focused demonstrations
- Lower Limb LDI's
 - Both overcoming & yielding focused demonstrations
- Lower Limb LDI's
 - Movement generation focused demonstrations
- Fatigued induced LDI's
 - How to set up protocols and examples
- Q&A