

Movement & Exercise Workshop Series - Lower Limb

Your Investment: \$1250 (inc GST)

Why We Created The Workshop Series

We have created this workshop series as we would like to provide high quality post graduate education that encompasses all things movement relating to the lower limb and provide attendees with a greater understanding and ability to practically implement movement assessment strategies, develop and further your understanding and skill set relating to commonly prescribed exercises in the gym and pilates environments as well as hone your skills with regards to dealing with tendinopathies, chronic pain and being able to prescribe a movement based exercise rehabilitation program.

About The Workshop Series

25 hours CPD

The Movement & Exercise Workshop Series - Lower Limb consists of 5 individual workshops that all link back to the learning outcomes for the assessment, exercise prescription and management of lower limb conditions.

The workshop series is to be delivered over 5 different dates over a calendar year by our presenters. The workshops will all be held in locations specific to the presenters so that we can maximise your learning experience.

Attendees must sign up for all 5 workshops. Should you not be able to attend any of the workshops or would like someone else from your clinic to attend one of the workshops, please email heath.williams@principle4.com so that this can be arranged. We are more than happy to look at a clinic purchasing the workshop series and then looking to send different practitioners along to the different workshops.

Learning Outcomes

- Review gait and common movement assessment strategies for the lower limb.
- Review common bodyweight and resistance based exercises for the lower limb and develop a strategy to regress or progress these exercises according to your clients needs.
- Review common pilates based exercises for the lower limb and develop a strategy to regress or progress these exercises according to your clients needs.
- Review chronic pain neuroscience and understand how to incorporate movement as part of your everyday strategy for dealing with chronic pain clients.
- Review the pathophysiology of tendinopathies and the most current up to date strategies to dealing with lower limb tendinopathies in the clinical environment.

Workshop 1 - Gait and Movement Assessment

Date: Sunday April 17th 2016

Location: Everythings Connected, 734 Riversdale Road, Camberwell, 3124

Time: 9:00 - 3:00pm

Course Outline

This movement observation course will focus on the role of the lower limb during gait.

This practical course will give attendees a greater understanding of lower limb function within the gait cycle and provide workable, low tech assessment strategies designed for easy integration into clinical practise.

Key concepts:

- Provide better understanding of the essential role of gait observation for the clinical setting.
- Provide an overview of the biomechanics of the lower limb during the gait cycle.
- Use gait 'modifications' to highlight individual strengths and weakness to be identified within their walking pattern.
- Provide a low tech movement observational method that can be incorporated into clinical practise.
- Understand how muscles function relative to gait.

Presenters: Matthew Harris (B.Sci, M.Sci (osteo), FAFS, CAFS)



Matt holds a Masters of Health Science in Osteopathy, a Bachelor of Applied Science in Clinical Science, is GIFT, FAF, CAFS and Player CoachMate certified. Matt is also trained in classical osteopathy at the ICO and is one of only three NG360 Nike Golf therapists accredited in Australia.

Matt has tutored at Universities in Melbourne and London including Victoria University as well as arguably the most prestigious osteopathic school, the British School of Osteopathy. Matt has worked with many professional athletes across a varied range of sports including hockey, AFL, soccer, rugby, fencing, ultimate Frisbee and beach volleyball. Matt co-founded the Three Clinic in London and was a founder and lecturer for Thirst4Function. Matt currently owns and practises at Everything's

Connected Progressive Osteopathy in Camberwell.

Matt has a particular interest in functional biomechanics and nutrition; he continues to combine his Osteopathic practice with teaching and lecturing.

Everything's Connected - <http://www.everythingsconnected.com.au/team/>

Presenter Ben McChesney (BSc. B.App. Sc. (Osteopathy), MSc. Sport & Exercise Rehabilitation, FAFS)



Ben McChesney is an Australian trained (RMIT 2002) Osteopath with 10 years experience. 6 of these were spent in London, working with many clients and athletes at Pure Sports Medicine and other clinics. He also worked within Harrods occupational health department.

Ben McChesney completed an MSc in sport and exercise rehabilitation at St Mary's University (Twickenham, 2010), and worked as part of an internship program within premier league Fulham Football Club.

A diploma of Applied Functional Science followed in 2010, learning functional assessment and rehabilitation approaches from Gary Gray and Dr David Tiberio in Michigan, USA. Ben lectured in several UK based Osteopathic institutions on the topics of integrating functional biomechanics, assessment and rehabilitation with Osteopathy. Ben enjoys applying this knowledge to help get people out of discomfort and moving better. His aim with treatment is to create an individualised rehabilitation approach for the person, of any age or ability, relative to their goals whether it be doing a bit of gardening, walking, or getting back to enjoying a loved sport or activity.

Balance Osteopathy - <http://balanceosteopathy.com/ben-mcchesney>

Workshop 2 - Resistance Based Exercise Strategies

Date: Sunday 5th June 2016

Location: Elite Sports Performance, Warehouse 14, 2 Burleigh St, Spotswood, 3015

Time: 8:15 - 2:00pm

Course Outline

The resistance based training workshop is a highly practical session focusing on lower limb strength and conditioning exercises using both bodyweight and external equipment.

Attendees will be instructed on the indications for prescription of the exercises, key technique pointers, common errors in the technique and regressions and progressions for the exercises.

Movement Prep Drills

- Lower limb mobility drills focusing on the the hip, knee and ankle joints as well as gluteal, adductors, hamstrings, hip flexors and calf muscles.
- Core and lower limb movement preparation/activation techniques focusing on the core/trunk, hip and lower limb region.

Strength & Conditioning Exercises

Lower limb exercises focusing on the functional patterns of squat, step up/down, lunge, single leg exercises.

Exercises covered:

- Squat variations (back squat, front squat, box squat, split squat)
- Deadlift patterns (Sumo & Conventional)
- Deadlift/Hip Hinge patterns: Rack pull, Romanian deadlift, good morning
- Lunge variations
- Step up
- Glute Ham Raise

Presenters: Heath Williams (osteopath) B.Sci, M.O. Level 2 ASCA, CAFS, FMS, SFMA



Heath is an osteopath and level 2 accredited coach with the Australian Strength and Conditioning Association who works in private clinical practice who has an interest in movement assessment, exercise prescription and strength and conditioning. Heath currently lectures in exercise rehabilitation to osteopathy students at Victoria University.

Heath has carried out post graduate training in Functional Movement Systems, SFMA, Certificate Applied Functional Science (CAFS) and 3DMaps at the Gray Institute, Kettlebell training, powerlifting and much more. www.principlefourosteopathy.com

Presenter Martyn Girvan (Strength and Conditioning Coach) (Ex.Sci, B.Sci (psychology))



Martyn has a degree in exercise science and a degree in psychology. Martyn has an extensive background in physical preparation in various sports at an elite level. Martyn was the Strength Coach for the Collingwood AFL Football Club from 2006 to 2014, highlighted by their 2010 premiership win.

Martyn is currently involved with the following sporting organisations:

- Performance Manager for the Malaysian National Track Cycling team (both sprint and endurance) based in Melbourne
- Presenter to the Australian strength and conditioning association
- Martyn still competes at an elite level in powerlifting.

www.elitesportsperformance.com.au

Workshop 3 - Pilates Reformer, Studio Equipment and Mat Pilates Workshop

Date: August 2016 - Date to be confirmed

Location: Pilates On Bourke, 717 Bourke st, Docklands, 3008

Time: 9:00 - 3:00pm

Course Outline

The pilates lower limb workshop is an interactive workshop that focuses on teaching you both isolated and functional exercises for the lower limb on the floor, reformer, trapezius table, chair and ladder barrel. The workshop will help you progress or regress the client using the following training variables: stable to unstable, isolated to integrated, mat work to equipment and unloaded to loaded. The presenters will also demonstrate how they will adapt exercises to suit clients with specific lower limb injuries.

Exercises include with progressions/regressions focusing on key lower limb muscles (gluteals, hamstrings, quadriceps, adductors, calf complex) and use of external equipment:

- Mat work - bridges, lunges, plyometric lunges, side lunges, supported lunges, slider lunges, squats with props.
- Reformer - the same exercises as the mat work exercises using light weight for advanced, foot bar high or low.
- Chair - pedal bridges, split pedal bridges.
- Trapezius table - push through bar bridges, magician series, side lying series, breathing, airplane series.
- Ladder barrel - side lying exercises, prone exercises

Presenter Jodie Sheehy (Pilates Instructor)



Jodie comes from a movement background. She won a dance scholarship out of school and her movement training hasn't stopped. She has taught dance at some of Melbourne's most prestigious schools and now teaches Pilates and conditioning at some of Melbourne's best dance training schools, including the VCA musical theatre program.

Jodie studied Pilates as a dancer and has been practicing Pilates for over 15 years. This led her to become fully qualified in internationally recognized, Stott Pilates many years ago. She then went to America and trained in a variety of Pilates styles. Jodie then went on to become an instructor/trainer at Breathe Pilates, instructing some of Melbourne's great teachers. On top of her Pilates certification, she is a personal trainer and is in her final semester at VU for Sports Science.

Combining Pilates with Sports Science has enabled her clients to gain the benefit from both disciplines. Incorporating teachings from Dr. St McGill into her programs for clients with lower back pain has been a new addition to her repertoire.

Her clients range from elite level classical dancers to, the super rich, to clients that have severe disabilities. Coming from a dance background she has a keen eye for detail, a repertoire that is almost unmatched, and a passion for functional movement.

Presenter Brett Webster (Pilates Instructor)



Brett is the current owner and director of Pilates on Collins and Pilates on Bourke studios. Brett works with a range of clients that include both injured clients and those looking to use pilates for strength and conditioning.

Brett has completed the Diploma in professional pilates through the Pilates Foundation in the UK, Diploma in Pilates with Pilates International in Australia, as well as having a Diploma in Sports and Remedial Massage (LSSM) and has attended many other post graduate courses across the world.

www.pilatesonbourke.com.au
www.pilatesoncollins.com.au

Workshop 4 - Chronic pain and movement variability

Date: Sunday 16th October 2016

Location: Everything's Connected, 734 Riversdale Road, Camberwell, 3124

Time: 9:00 - 3:00pm

Course Outline

- To use modern, relevant Science as a foundation in managing Chronic Pain patients.
- To be able to customise movement programs according to patient needs. No two Chronic Pain patients are the same.
- To discuss the integration of movement with manual therapy and behavioural approaches for chronic pain.

Key Concepts

- Movement and its influence on various streams of sensory input.
- Movement and its ability to “treat” the brain.
- Movement practically applied in a clinical setting for chronic pain patients.

Presenters: Grant Burrows (osteopath) (B.Sci, M.Sci (osteo), FAFS)



Grant graduated from Victoria University (VU) in 2000 as an Osteopath.

He has worked in private practice in Melbourne, Brisbane, London and currently practices at Procure Geelong.

A great believer in effective Osteopathic technique, Grant found, as many of you have, that these techniques work well on some patients and don't work on others.

Focusing mainly on the movement sciences of biomechanics and neuromuscular function as well as some behavioural psychology,

Grant has developed a broader treatment model that better reflects the huge variability of our patients and clients.

Importantly, all aspects of this model are based on solid scientific evidence.

Grant has done many post graduate courses over the past 15 years.

Most notably he has studied for 2 years at the Gray Institute in Michigan under Gary Gray.

Grant's teaching experience includes being senior biomechanics lecturer at VU Osteopathy course (2008-10) and running Function 3x courses since 2013.

Pro Care - <http://pro-care.com.au/2015/05/22/grant-burrows/>

Function 3X - <http://www.function3x.com.au/about.html>

Workshop 5 - Managing The Lower Limb Tendinopathy Injury

Date: Sunday December 4th 2016

Location: Complete Sports Care, 274 Auburn Road, Camberwell, 3122

Time: 9:00 - 3:00pm

Course Outline:

- Review of tendon pathology, pain, aetiology, assessment, diagnosis 1 hr, with video pre-read).
- Demo of key movement and kinetic chain assessment.
- Principles of tendinopathy rehabilitation.
- Demo and practical of tendon rehab progressions for common lower limb tendinopathies.

Presenters



Dr Peter Malliaris (physiotherapist) (BPhysio (Hons), PG Diploma, PHD (Latrobe Uni))

Peter Malliaris is a physiotherapist and researcher specialising in tendinopathy. In 2006 he completed his PhD in tendinopathy identifying novel risk factors, and since has undertaken post doctoral research in the UK and Australia, and has co-authored over 55 peer review publications most relating to tendinopathy. Currently, he has research affiliations with La Trobe University in Australia and Queen Mary University in London. Clinically, Peter has been specialised in

seeing difficult tendinopathy cases for over 10 years, and he sees about 30-40 tendinopathy patients per week. He has been consulted in the rehabilitation of elite football, rugby, netball, volleyball, basketball, track and field, skating and cricket athletes, as well as the Royal Ballet (London). Peter is passionate about teaching postgraduate clinicians making tendinopathy research and clinical reasoning very accessible to them.

Complete Sports Care - <http://www.completesportscare.com.au/dr-peter-malliaras/>

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REGISTRATION DETAILS

NAME _____

EMAIL _____

PHONE _____

ADDRESS _____

WORK ADDRESS _____

PROFESSION _____

WORK ENVIRONMENT Private Practice _____ Education _____

COURSE LOCATION _____

COURSE INVESTMENT

\$1250 (inclusive GST)

COURSE DATES

Gait & Movement Assessment - April 17th 2016

Resistance Based Training June 5th 2016

Pilates Reformer, Studio and Mat work workshop August 2016 - Date to be confirmed

Chronic Pain and Movement Variability Workshop 16th October 2016

Lower Limb Tendinopathies Workshop 4th December 2016

PAYMENT DETAILS

Please make an electronic bank transfer into the following account:

Heath and Lucy Williams

BSB: 704-191

Account: 176874

Please write your name as the REFERENCE when making this payment.

PAYMENT

All payments are to be made by electronic transfer. We do not accept cheques or credit card payments.

All payments are to be made prior to attendance of the course.

A confirmation email will be sent to confirm your payment and place on the course.

TERMS & CONDITIONS

- The course will be limited to a maximum of 15 attendees.
- This course involves both theory and practical application for attendees.
- Please ensure that you dress appropriately so that you can participate in all activities.
- Participation in activities is not required to pass the course and all attendees will receive a certificate of attendance.

CANCELLATION POLICY

Cancellation > 6 weeks out from the initial workshop will result in a full refund.

Registrants who have provided 6 weeks notice will be given the option of rescheduling to the same course on another date or can be refunded 75% of the course fees.

A 50% refund of the course fee will be paid to those who cancel with 4 - 6 weeks notice.

A 25% refund of the course fee will be paid to those who cancel less than 4 weeks before the scheduled course.

We reserve the right to cancel the workshop series should we not get a minimum number of attendees sign up.

Note: You cannot book on individual courses and the investment covers all of the workshop series. Should you not be able to attend one of the workshop dates due to other commitments, you are allowed to give this spot to someone else (osteopathy, physiotherapy, exercise physiology and myotherapy colleague). We recommend that you attend all of the workshops as the learning outcomes for these linked to all 6 workshops.

CONTACT DETAILS

If you have any questions or enquiries, please email or phone us at:

E: info@principle4.com

P: 03 9670 9290