

Upcoming Classes

April 17, 2021
Synergy Rehab and Wellness
1561 Commerce Rd
Suite 402
Staunton/Verona, VA 24482

May 8, 2021
Total Spinal Fitness Physical Therapy
330 Military Cutoff Rd.
Suite, A1
Wilmington, NC 28405

June 8, 2021
Total Spinal Fitness Physical Therapy
330 Military Cutoff Rd.
Suite, A1
Wilmington, NC 28405

July
Austin Physical Therapy
1015 Beecave Woods Dr #102
Austin, TX 78746
Date to be announced:

July
Provision Physical Therapy
1400 Dowell Springs Blvd
Suite 120 Knoxville, TN 37909
Date to be announced:

Total Spinal Fitness

Presents: Functional Muscle Therapy

Learn
Muscle Pattern Re-Organization
an Evidence-Based Corrective
Therapy Approach
For:
Lumbar Spine Dysfunctions

Presented by:
Brian McKeever, M.P.T., A.T.C., C.E.A.S.
Brian developed this course with over 25 years of clinical research and has successfully implemented this approach with the general patient population, athletes, and on a larger scale with several fortune 500 companies. For over 10 years he has traveled the country teaching this seminar as a preferred provider of continuing education as well as presented his techniques and methods at APTA State Sections Conferences. In 2014 he was chosen to provide his services at one of golf's most prestigious events, the US Open.

Don't miss this opportunity to immediately enhance your clinical knowledge and skills as he shares with you his findings along with the effective treatment approach he developed to correct spinal dysfunctions.

Course Content:

7:30 Registration

8:00—8:30 Review of Home Study:

8:30– 10:00am Muscle Patter Re-Organization Myo-Sequence Reboot Technique

Proprioceptive Specificity Principles

Supine

Psoas

Adductors

Diaphragm

Prone

Piriformis

Semimembranosus/Semitendinosus

Multifidus

Erector Spinae

Quadratus Lumborum

Gluteus Medius

10:00-10:15 Break

10:15-12:00 Muscle Patter Re-Organization Myo-Sequence Reboot Technique

Supine

Pecs

Subscapularis

SCM

Supraspinatus

12:00-1:00 Lunch

1:00-1:45 Muscle Patter Re-Organization Myo-Sequence Reboot Technique

Prone

Sub Occipital Muscles

Upper Trapezius

Levator Scapulae

Rhomboids

Mid and lower Traps

1:45-2:30 Muscle Pattern Re-Organization Core Strengthening

Proprioceptive Specificity Principles

Deep Core

Segmental Side Bending; Segmental Flex/Ext; Pelvic Rotation; Multifidus

2:30-2:45 Break

2:45-3:30 Muscle Pattern Re-Organization Core Strengthening

Intermediate / Functional Core

Gluteals; Quadratus Lumborum; Psoas; TA/Obliques; Glut Medius

Cervical Core

3:30-4:30 Regional Interdependence

UE subsets

LE subsets

Scoliosis Protocol

4:30-5:00 Review and Home Study Test

This course is similar to courses such as Graston Technique, Dry Needling, and Cupping in which the techniques taught use specific specialized equipment.

We have adapted our manual proprioceptive technique utilizing a percussion thera-gun and utilize our patent pending proprio core board for the muscle pattern re organization of the spinal musculature but unlike the above courses you will be able to incorporate our techniques without the use of this specialized equipment.

This course is a prerequisite to becoming a Clinical Affiliate with Total Spinal Fitness and purchasing our proprio-core board.

For those that choose to become Clinical Affiliates your class fee will be refunded. For more information on these products and becoming a Clinical Affiliate go to:



www.totalspinalfitness.com

Our course is extremely relevant to the field of Physical Therapy today and has been approved for 15 CEU's. Functional Muscle Therapy is a blended course you will receive 7 CEU's for the home study portion and 8 CEU's for the one day live portion of the seminar.

- Describe two specific musculoskeletal sub sets of regional interdependence that significantly influence our movement patterns and how to correct these patterns through proprioceptive specific exercise.
- Describe how our modern environment is facilitating unwanted dysfunctional muscle re-patterning.
- Describe how the Central Nervous System controls these underlying muscle imbalances and how the fiber composition of the muscle can influence tone.
- Demonstrate the ability to perform a sequential approach to releasing and re-booting the threshold position of the muscle mechanoreceptors.
- Demonstrate the ability to perform core exercise pattern re organization techniques that are proprioceptive specific

Testimonials:

“Excellent course and instructor. Gained priceless knowledge for my career as well as my personal life.”

MPT, Fairfax, VA

“Very well presented. Very good information. Gained knowledge that I can go back to work and use right away. One of the best courses I have taken. Very practical.”

PT, Baltimore MD

“Thoroughly enjoyed the seminar! Helped me refine and re-educate my own treatment strategies. Have a freshness to take back to my patients. Also enjoyed the integrative approach in conjunction with manual therapy treatments.”

DPT, Shreveport, LA

“Incorporating the techniques I learned into my practice for more than 6 months has resulted in exceptional outcomes which is endlessly rewarding for both my patients and my personal career satisfaction”

DPT, Wilmington, NC

There is a very important concept, and a "forgotten principle" that differentiates the Functional Muscle Therapy Techniques from other approaches.

And frankly, it's one of the main reasons we're so successful at treating spinal dysfunction.

Proprioceptive Specificity in all treatments!

What is Proprioceptive Specificity?

Well, all muscular movements are dictated by the CNS. For optimal movement the CNS must get proper sequential feedback and input from the mechanoreceptors within the muscles.

These mechanoreceptors can become re-set due to many factors such as injury, poor posture, and poor body mechanics. Once re-set these mechanoreceptors will continually send improper signals to the CNS causing dysfunctional muscle firing patterns.

These dysfunctional muscle firing patterns many times do not show up in our standard strength and functional assessments.

If this was not bad enough, there is another factor. The influence of the ANS also has a strong hold on these CNS driven protective patterns further ingraining these dysfunctional muscle patterns.

In Addition the regional interdependencies of altered biomechanics of the UE's and LE's also have a significant influence on the dysfunctional muscle patterns of the spine.

Proprioceptive Specificity is a philosophy and technique that influences the mechanoreceptors during both hands on treatments as well as during our corrective exercise approach, basically by "high jacking" the neurological system, we can clear these hidden networks of dysfunctional muscle patterns.

Our Proprioceptive Specificity also involves correcting the regional interdependencies, thus changing the structural and muscular conditions that improperly re-set the nervous system and created the dysfunctional muscle patterns leading to spinal dysfunction and pain.

We call this Muscle Pattern Re-Organization™.

The result is generally a dramatic reduction in both the experience of pain and the likelihood that it will return, because we dig beyond the external symptoms to root out spinal dysfunction at its source and have created a proprioceptive specific continuum of care to lock in these proper patterns.

In reality many times the pain we are treating is related to the cumulative effects of poor body mechanics, postural aberrations, and old injuries, creating left-over muscle patterns that are maintaining dysfunctional muscle firing patterns.

This kind of pain is unnecessary, poorly understood, and not well addressed by most conventional approaches.

And it's our specialty!

Fee for Seminar: \$375.00
Students: \$275.00

Participants encouraged to register 14 days prior to hands on class in order to complete the home study portion of the class. Once registration and payment is received the home study portion of the course can be downloaded at our website: www.totalspinalfitness.com

Name _____
PT OT PTA OTA ATC DC LMT

Address _____

City _____ State _____ zip _____

Phone _____

E-mail _____

Location _____

Payment Options:

- Register Online: www.Totalspinalfitness.com/classes
- Mail check/money order payable to:
Total Spinal Fitness
330 Military Cutoff Rd. # A1
Wilmington, NC 28405

Signature _____

Cancellation Policy

All cancellations must be submitted in writing 14 days prior to the course date for refunds to be provided. We will offer a credit for future classes for cancellations with less than 14 days notice. Total Spinal Fitness LLC reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. Total Spinal Fitness LLC will issue a full credit or refund if any course is cancelled.