



The 4 M's: Movement Patterns, Mobility, Motor Control & Mindful Exercise Prescription.

This one-day, hands-on course focuses on the analysis of common human movement patterns with opportunities for practical application through mindful exercise coaching and prescription within a biopsychosocial framework.

Location and Dates: Will be posted online at <https://www.cstatphysio.com/>

Course Details: Course time will vary by location (8 contact hours)

Cost: \$300

Note: Course date may be subject to change pending COVID-19 regulations.

Registration: online or you can email Chris Statten at c.statten7@gmail.com – spaces are limited.

Instructor: Chris Statten, PT, FCAMPT, BA (Hons) Kin, MPT, MCISc (AHCP-MT)

Chris Statten is an FCAMPT credentialed therapist with extensive experience working in various orthopaedic settings such as sports medicine clinics to elite level professional athletes. He is a part-time faculty member in the School of Physical Therapy at Western University and is a registered instructor and mentor in the National Orthopaedic Division of the CPA. Chris also teaches post-graduate clinicians through his own business – C Stat Physio. For more information about the instructor – please visit <https://www.cstatphysio.com/>.

COURSE OBJECTIVES

The landscape of the physiotherapy world is constantly changing but one thing remains constant – the need for humans to move. This course provides a foundation for analyzing common human movement patterns and developing a practical approach to application in the rehabilitation setting.

Physiotherapists are expected to be leaders in the physical health industry and as such, should have a strong skillset in movement analysis, correction, and coaching within a biopsychosocial framework.

This course is designed to be an active, hands-on, and pragmatic approach to looking at human movement from a clinical perspective. Participants will have the opportunity to:

- Enhance their ability to clinically sub-group their clients to facilitate exercise prescription.
- Explore concepts such as motor control and mobility as considerations in exercise prescription.
- Assess common movement patterns throughout the body.
- Discuss exercise strategies to optimize movement efficiency.
- Learn and apply motor learning and coaching principles to exercise prescription including cueing and feedback.
- Improve confidence in selecting the right exercise for the right client.
- Enhance their corrective movement strategies as a stepping stone toward more traditional strength and conditioning based movements.

WHO IS ELIGIBLE TO TAKE THIS COURSE:

- Physical Therapists who are licensed to practice
- Physical Therapy Students
- All health care providers interested in improving their movement pattern assessment and exercise prescription.

- There are NO prerequisites for this course

GENERAL COURSE INFORMATION:

- Small group setting of up to 15 participants.
- Participants should be prepared to move (dress accordingly), challenge their own abilities and have frank and open discussions about the clinical utility of general exercise compared to patient-specific exercise.
- Course content is referenced from up-to-date research articles
- Bring your own lunch and snacks for the course date.
- All participants will complete COVID-19 screening prior to participating on the course date and are responsible for bringing their own PPE (surgical face mask). Hand sanitizer and bathrooms will be available onsite.

Tax Receipts after course completion / \$30.00 is non-refundable / No refunds for cancellations 1 week or less before course date.

COVID Policy:

- **If you are experiencing any COVID related symptoms or have been exposed to a COVID positive case, you will not be able to attend the course and will have to defer your attendance to a future course date.**