

“MultiFunctional Movement” (MFM): Basic Certification Course

Advanced Clinical Movements and Exercises for the Physical and Occupational Therapist

Class Outline

By IndeFree Association: Empowering Independence and Freedom for PT/OT

DAY 1

8:00am

- What is MultiFunctional Movement (MFM)?
- What are the benefits over traditional therapeutic exercises?
- Who is best for it?

9:00am

- Muscle Synergies explained
- National Academy of Sports Medicine

9:30-9:45: [BREAK]

10:00am

- Basic Movements
- 3 Levels of Difficulty
- Muscle Fiber Types
- Speed and Load Variables

11:00-11:15: [BREAK]

11:15am

- Movements with Impact Level 1: Lower Body

12noon: LUNCH BREAK

1:00pm

- Movements with Impact Level 1: Upper Body

2:30pm-2:45pm: [BREAK]

2:45pm – 4:00pm

- Athletic Performance: Subsystems of Movement
- Lateral Subsystem
- Longitudinal Subsystem
- Anterior Oblique Subsystem
- Posterior Oblique Subsystem
- Nervous System Spiking

- 4:00pm
- Q & A
-

DAY 2

- 8:00am
- Self Tests for Strength
 - Baseline Testing and Logging

- 9:00am
- Adjunct Treatments That Enhance MFM

9:30-9:45: [BREAK]

- 10:00am
- Movements with Impact Level 1: Trunk

11:00-11:15: [BREAK]

- 11:15am
- Movements with Impact Level 2: Trunk

12noon: LUNCH BREAK

- 1:00pm
- Yoga and Pilates Movements for Rehab
 - Indications, Precautions & Contraindications
 - Starter Movements Level 1

2:30pm-2:45pm: [BREAK]

- 2:45pm-4:00pm
- Yoga Movements for Rehab: Starter Movements Level 2
 - Documentation
 - Medical Necessity
 - Disclaimer and Waivers
 - Tracking Patient Response

- 4:00pm
- Marketing and Promotions for MultiFunctional Movement
 - Q & A