

# Instructor Biography

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**JAMES LEE KO** is the head instructor and founder of this program for healthcare practitioners. He hails from Loma Linda University. He's the founder and Senior Elite therapist for the national Ko Center of Excellence Foundation. He successfully developed the STAR Physical Therapy Network in Southern California and has developed and consulted on numerous facilities across the country. He served as the Executive Ergonomic Advisor for Circuit City and Viewsonic corporations and currently directs and leads as President of the IndeFree Association. Additional professional experiences may be viewed on his curriculum vitae attached.

**THE MULTIFUNCTIONAL MOVEMENTS CLASS** originated in 2014 when James Ko, PT desired to offer patients a higher level of movement and exercise protocols. The traditional therapeutic exercises have served us well but he felt an evolutionary approach was necessary to produce faster and better results. Through his expertise in martial arts, rehabilitation, and biomechanics, he began his research and produced a highly sophisticated approach to movement for rehabilitation.

HE BELIEVES that the body has multi-dimensions to movement, linear, multi-angular, and multifunctional. Some movements engage one or two joint complexes whereas others can engage more than 3 joint complexes. Certain movements call into play a “synergy” of muscles and produce a higher dynamic engagement producing faster results.

HIS GOAL is to elevate the movement skills of physical and occupational therapists and to evolve from the basic therapeutic exercises taught in early years of school.

Advanced MultiFunctional Movement & Clinical Skills Course for Physical and Occupational Therapists  
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