

“MultiFunctional Movement” (MFM): Advanced Clinical
Movements and Exercises for the Physical and Occupational Therapist

Course Objectives

By IndeFree Association

Contact Hours: **16 hours**

The course includes:

- 2 Instructors
- 1 Powerpoint presentation
- 2 Manuals – “MFM Workbook” and “Yoga & Pilates Workbook”
- 10 Lesson worksheets
- 12 Sample forms, tools and documents
- 1 Certificate of completion
- 1 Username and password to an online self-study guide for post-workshop reference

At the conclusion of the course, the learner will be able to...

- I. Movement Science
 - 1. Describe the 3 muscle fiber types within the human body along with their characteristics and roles during movement.
 - 2. Understand the importance of contraction speed and load forces when it comes to muscle rebuilding.
 - 3. Define “muscle synergy” and it’s application when working with patients in the rehabilitation setting.
 - 4. Recite the difference between the local “stabilization” and global “movement” systems.
 - 5. Describe the 4 Subsystems of Movement
 - 6. Understand the difference between plyometrics, calisthenics, anaerobic, aerobic, eccentric and concentric principles for the rehab setting.

**See the Institute of Medicine’s (IOM) Report titled, “Leadership by Example”.*

- II. Advanced MultiFunctional Movement
 - 1. Recite the benefits of movement that includes impact (such as tapping, hitting, punching and kicking).
 - 2. Outline the precautions, contraindications, and modifications of applying MultiFunctional Movement with patients in the rehab setting.
 - 3. Describe the benefit of co-contraction at a joint complex.
 - 4. Describe “Nervous System Spiking” and it’s benefit for the rehab patient.
 - 5. Demonstrate 10 different types of advanced multi-functional movement.
 - 6. Demonstrate the Self-Tests for patients and the 3 levels.
 - 7. Identify the most common “Muscle Synergies” and how they are applied during exercise for patients in the rehab setting.

- III. Incorporating Yoga & Pilates Into the Clinic
 - 1. Describe the benefits of yoga in the rehabilitation setting.
 - 2. Identify precautions, contraindications, and modifications when implementing yoga in the rehab setting.
 - 3. Demonstrate the 20 basic yoga poses along with their modifications for the rehab patient.
 - 4. Identify the 7 main Chakras of the body.
 - 5. Understand how to implement a Group Yoga Class for patients in the clinic.

- IV. Administration
 - 1. Outline the 3 steps to implementing MFM into your clinical system.
 - 2. Outline the basic components to training staff on MFM
 - 3. Identify the FAQ's patient's might have about MFM and their benefits.

- V. Documentation
 - 1. Demonstrate how to properly document the application of MFM with patients in the clinic.
 - 2. Demonstrate how to properly indicate a patient's progress with MFM and it's impact on the patient's Primary Functional Goal.
 - 3. Demonstrate how to use comparable signs with MFM.

- VI. Advanced Marketing & PR Development
 - 1. Understand the benefits of MFM and how to communicate them to the public.
 - 2. Demonstrate how to use the marketing tools and how to respond to FAQ
 - 3. Outline the price points and how to adjust them for active patients versus wellness clients.

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