

# Certificate Of Completion

This certifies that \_\_\_\_\_ has successfully completed the **Advanced Multi-Functional Movements Clinical Skills Course for Physical and Occupational Therapists** taught by IndeFree Association. The participant named has demonstrated a sound understanding of the advanced skills listed below, and has fulfilled all the requirements for this certification. The topics are listed below:

**Advanced Clinical Skills Development**

Critical thinking  
Patient profiling  
Quick-screening  
Medical differential diagnosing  
The Pre-screen  
Resource material mgmt  
Support staff/Delegation  
CAIR principles of excellence  
Evidence-based practice  
Patient compliance

**Incorporating Yoga & Pilates Into Your Clinical Movements**

Basics of These Movements  
Indications  
Chakras and Their Implications  
Documentation  
Quality assurance  
Contraindications/Precautions

**Advanced MultiFunctional Movements**

Review of the Neuromuscular Unit  
Muscle Fiber Types  
Exercises/Movements for Each Type  
The Anatomy of a Contraction  
Advanced Movement Concepts  
Patient Self-Testing of Strength  
National Averages  
Muscle Synergies  
NASM (National Academy of Sports Medicine) Concepts  
The 4 Subsystems of Movement  
Neuromuscular System Spiking  
Co-contractions and Their Importance  
The post-surgical candidate

**Administration**

Liability Waiver  
Medical Justification  
Medical Necessity  
Policies & Procedures

**Documentation**

Primary Functional Impairment  
Goal Setting  
Audit-Proofing

**Marketing and PR Development**

Advertising principles  
Promotions  
Public relations  
Fee-for-Service building

This participant is well prepared in the advanced skills of clinical performance with these advanced movement principles in their professional field.

Contact Hours: \_\_\_\_\_

Date(s) of Attendance: \_\_\_\_\_ to \_\_\_\_\_ 20\_\_\_\_

Authorized this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_



By 

Authorizing Signature, James Ko, PT, Lead Instructor/Founder