

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

Course Description

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

The MultiFunctional Movements (MFM) class teaches physical and occupational therapists how to elevate their skills with exercise and movement.

Learning how to apply the powerful concepts of “Muscle Synergy”, “Multi-Planar” and “Multi-Joint” movements lead to faster results for patients with less work and in less time.

No more long list of exercises that take excessive amounts of time and energy to design, progress, and modify.

The course utilizes the exciting concepts of yoga and martial arts into some of it’s movements.

The course teaches you how to apply MFM at the three different levels of a patient’s ability, along with modifications, so you can do it with any patient potentially.

Surveys performed with clinics across the country have shown that patients of all ages love it and results of increased strength, flexibility, and function are coming more quickly.

The certification course comes with posters, standardized testing tools, online resources, and more. So even beginners, with minimal knowledge of exercise and movement, can take this course and become confident with it’s application into the clinical setting.

Learn more at <http://multifunctionalmovement.com>

MultiFunctional Movement: Advanced Movement & Exercise for the PT/OT 1st Edition: Jan. 2016. Faculty. Instructor. Author: James Ko, PT, CEO, CFA
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