

JEMS[®] Movement ART Course Details

Expand your skills and effortlessly integrate the latest functional movement research into meaningful, effective clinical practice.

Facilitate a greater sense of ease in your patients by learning to unlock their potential for elastic, robust movement, and access the opportunity for change.

This four day JEMS[®] Movement ART course introduces the foundation principles of the JEMS approach, and introduces the powerful concepts of functional force management, and the fundamental movement behaviours in the trunk and lower zone.

Here begins the movement analysis journey, connecting the evidence base with functionality and the patient's presentation from a holistic standpoint.

Start to unlock habitual strategies and make new connections, as we equip you with techniques for addressing your test findings. Walk out the door with strategies to use the very next day in your practice.

Take advantage of this opportunity to complete both Parts 1 & 2 with our new four day format. This opportunity presents a comprehensive clinical package to immediately apply with your patients at all levels.

For transference to function, rehabilitation must evolve beyond over-controlling, conscious containment of forces, towards elastic, automatic control in order to develop enjoyable, confident, spontaneous movement.



Content for Days 1 and 2

- Evolve beyond the stability concept: consider the multifactorial influences on movement control, and learn to identify a patient's strategies for creating and controlling forces in order to meet the demands of their task or environment.
- The extreme limitations of "bracing" and "setting" for stability from a functional standpoint – what should we be doing to create elastic, robust movement?
- Take a fresh approach to posture, based on natural reflexes and sensory cues.
- Learn to identify and assess functional relationships to better understand the mechanism, or "why" behind the patient's or client's presentation.
- Develop an "expert eye" for movement.
- Develop the analytical skills for functional movement testing: what each test tells you, and how to use the tests to create a specific, targeted action plan for rehabilitation.
- Learn the key "seed" movements and abilities which underpin gross movement and its potential for development.
- Use reflex activity and neurosensory cueing to achieve automatic postural and movement responses.
- Understand Functional Force Management™ and the fundamental movement behaviours to link patient presentation, movement and function in with clarity and simplicity.

Content for Days 3 and 4

- Working systematically within the Holistic Functional Model
- General Arousal Indicators and how they influence assessment and treatment
- Enhancing motor learning: influencing the learning experience through master coaching techniques
- Extending the understanding of Force Management Strategies as a method for analysis
- Baseline fundamentals: establishing even weight bearing and central axis control
- Trunk and Pelvis 1: accessing the system, autoactivation and body awareness
- Progression as manipulation of load and skill within the multimodal model
- Trunk and Pelvis 2: progression of early to intermediate techniques
- Pelvic Pathways: Balancing the Posterior Chain
- Progressing and integrating the major pelvic behaviours of Support and Propulsion

Beautiful movement is spontaneous and expressive – it explores possibilities rather than accepting limitations. It can be seen at any level of physical functioning when someone discovers a way to make a movement possible, with more control, less effort and a better outcome.

Dates of course: Thursday to Sunday November 30th to December 3rd 2017

Venue: Days 1 & 2 Melbourne University Hawthorn Campus
Days 3 & 4 Abbotsford Convent Melbourne

Tutors: Joanne Elphinston & Kent Fyrth

Course cost: \$1160 (\$928 for those previous graduates wishing to repeat the course)

Course pre requisite: Movement A.R.T. is designed for rehabilitation practitioners with a medically based qualification such as: physiotherapists; osteopaths; chiropractors; myotherapists; exercise physiologists and remedial massage therapists (with rehabilitation experience), as the course requires an understanding of manual treatment techniques, and clinical reasoning processes for a spectrum of ages and physical presentations.

What you need to bring:

JEMS courses are highly practical, so please come attired appropriately and with non-slip, trainer type shoes.

A handout will be provided, but you may need extra pen and paper.

If you own a copy of "Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention (2013)" by Joanne, bring it along as it will save extra writing.

Equipment: a clinical grade Swiss ball and pump, a non-slip mat to lie on, a 2m length of blue theraband, a small ball e.g. football/netball and a full sized bath towel.

Timings:

Registration: 8.30

Starts: 9.00

Session 1

Coffee Break: 10.30

Session 2

Lunch: 12.30

Session 3

Coffee Break: 3:00

Session 4

Finish time: 5.30