



CALIFORNIA EDUCATION CONNECTION

Bringing People & Knowledge Together...

Gait For Pain Relief

March 6, 2011 - Los Gatos, CA (Los Gatos Pilates) | March 12, 2011 – Flagstaff, AZ | May 14, 2011 - Salt Lake City, UT
June 4, 2011 - Palm Springs, CA | August 14, 2011 - Los Angeles, CA | September 24, 2011 - Denver, CO

Course Description

In this one-day seminar, clinicians will learn and develop the philosophy, principles and practical skills of this engineering system of the body. Using gait as the template for all activities of daily living, we learn through gait how patients move for all of their ADL's. Students will learn to use three stages; first, evaluating static elements of posture as predictors of gait or dynamic movement patterns and their probable resultant structural vulnerabilities. Next, these dynamic patterns will uncover strategic movement compensations that become visible asymmetries in gait. Treatment will consist of a simple series of gait corrections designed individually to literally remodel the gait pattern. Finally, corroborative exercises will match each gait correction thereby helping to assimilate the newly established gait pattern. Ninety percent of your patient's structural pain can be sourced in how they walk. This is a corrective intervention designed to restore functional balance to the body in our most repetitive movement pattern, and ultimately every move that we make.

Why You Would Take This Class

Reduce Treatment Frequency:

This is a patient education system, as well as a way to evaluate, source and treat the cause of the problem, so that it doesn't resurface. Patients/clients learn how with a mere hint of the problem, they can address it immediately themselves, using their specific gait corrections and exercises. Their symptoms become a built in biofeedback system.

Its Global:

Corrective gait applies to almost all structural pain. Since clinicians also walk, they learn best through their own walking how individual gait dictates strengths and weaknesses. For patients with multiple aggravated body parts, this is a technique that connects and addresses all of them at once: In order to balance a sore and participatory link of any gait moment, you must assess the relationships between it and all of the other joints of the body for their contributions to the same gait moment. This makes this system the perfect prevention strategy; one that can often eliminate less constructive alternatives like bracing, surgery or extreme drugs.

Trust Your Eye:

Learn to look through the perspective of posture, gait and balance, for weaknesses and inflexibilities and even shapes and contours that contribute to asymmetry in the normal movement pattern. Asymmetry leads to structural vulnerability, dysfunction and pain. This is visible and changeable by simple gait corrections and corroborative exercises.

Objectives

Pathomechanics

- Gait Mechanics review; Mechanically Effective Gait
- Individual Gait Development or Etiology
- Understand Relationships between Gait Deviations and Structural Pain
- Describe the Strategic Gait Compensations, or Deviations that reflect Pathology and predispose Pain Patterns

Evaluation

- Evaluate Static Posture as a predictor of Dynamic Posture in Gait

- Understand the Role of Symptoms in the Evaluative Process
- Translate Your Evaluation to Specific Gait Corrections
- Analyze each Weight-bearing Joint as it contributes to Dynamic Posture in Gait
- Educate Patients/Clients on their Individual Findings

Treatment

- Utilize Corrective Walking as a Treatment Modality
- Treat the Source instead of treating the Symptoms
- Corroborate Assessment Findings with Appropriate Exercises, designed to simulate Specific Gait Moments
- Learn to Utilize KT Tape to reinforce the Gait Corrections for Faster Assimilation.

Rehabilitation

- Educate patients to 'Read' their own bodies for Vulnerabilities and to stay current with their Gait Corrections
- Educate patients to 'Read' and modify Exercise Programs and to incorporate the New Awareness into their Activities of Daily Living

Agenda

8:30-9:00 Registration
9:00-9:20 Introduction to the philosophy of the system
9:20-10:20 Specific components of mechanically effective gait
10:20-11:10 Static Evaluation
11:10-11:25 Break
11:25-11:35 Lab: static evaluations
11:35-12:35 Dynamic evaluation
12:35-1:00 Feet, ankles and knees
1:00-2:00 Lunch (On Your Own)
2:00-2:15 Lab: feet, ankles, and knees
2:15-2:45 Hips sacrum and low back
2:45-3:00 Lab: hips, sacrum and low back
3:00-3:30 Thorax, scapulae and shoulders
3:30-3:45 Lab
3:45-4:00 Break
4:00-4:30 Hands, elbows, arms and head
4:30-4:45 Lab
4:45-5:30 Overview of how to apply exercise to the system

CEUs/PDUs/Contact Hours

A certificate of attendance will be presented to each participant for 7.0 contact hours. The Physical Therapy Board of California recognizes California Education Connection (CEC) as an Approval Agency to Approve Providers of Continuing Competency Courses in California. This course is approved for 7 Contact Hours/ 0.7 CEUs for PTs and PTAs in California (CEC-C095). California Education Connection is recognized by the Board of Certification, Inc. to provide continuing education for CERTIFIED ATHLETIC TRAINERS. The BOC approved provider number is P2959. NSCA Certification Committee approved 0.7 CEU(s) for CSCS and NSCA-CPT certified individuals attending this event. American Council on Exercise has approved this course for 0.7 CECs (CEP13794). The State of California Board of Chiropractic Examiners has approved this course for 7.0 hours/no technique (CA-A-12-4348). California Education Connection is an AOTA Approved Provider of continuing education. This course is eligible for 0.70 CEUs from the AOTA. The AOTA does not endorse specific course content, products, or clinical procedures. This

course will also count toward the PDU requirement for OTRs / COTAs in the State of California. The National Academy of Sports Medicine has approved this course for 0.7 CEUs (Provider #643, Course #1611).

Speaker

Sherry Brourman, PT, E-RYT 500, has been a practicing Physical Therapist for thirty-five years and a yoga teacher, teacher trainer and yoga therapist, for twelve years. Her groundbreaking book *Walk Yourself Well*, published in 1998, drew international acclaim, thrives today, and is the subject of a formal university level study. Sherry is also the Fitness and Walking shoe advisor for Skechers, USA.

A member of the International Association of Yoga Therapists and recognized by Yoga Alliance at the E-RYT 500 level, Ms. Brourman is the director of her own clinic where Physical Therapy, Gait Therapy and Yoga Therapy are all used as individual modalities or in confluence. Sherry has two Mentorship programs underway, one for Gait Therapy practitioners and one for Yoga Therapists. She teaches internationally, teaches structural anatomy at the Loyola Marymount Yoga Therapy Certification program, as well as for several Yoga teacher trainings, and teaches workshops and seminars incessantly.

Sherry has recently been interviewed and written about in *The New York Times*, *The Los Angeles Times*, *Natural Health Magazine*, *Spa Magazine*, and *Samata International's* new magazine. She has spoken at NASA, The American Back Society meeting, The Institute for Integrative medicine, The Los Angeles Health Festival, And SYTAR, The Symposium for Yoga Therapy and Research.

Who Should Attend?

This seminar is ideal for PTs, PTAs, OTRs, COTAs, CERTIFIED ATHLETIC TRAINERS, DCs, Pilate Instructors, Yoga Instructors, Strength & Conditioning Professionals and others professionals with a strong anatomy background.

Early Registration Deadline

The Early Registration deadline for all courses is three weeks prior to the start of the course. All registrations must be postmarked or

received three weeks prior to the course date, if received after the registration deadline, a \$25.00 Late Fee will be applied to the registration fee.

Group Discounts

For every 5 people that sign up for the same seminar, we will give that group one complimentary spot.

How Do We Sign-Up and Qualify for the Free Spot?

In order to qualify for this discount, we must receive all six completed registration forms with the appropriate payment for the five spots. If you want to mail in the completed forms, you must mail all six forms in the same envelope. If you want to fax in the forms, you must fax all six forms at the same time.

Please note that there will be no exceptions granted. We must receive everything at once in order to process these registration forms under the group discount policy.

Refund and Cancellation Policies

California Education Connection reserves the right to cancel this seminar due to an insufficient number of registrants. Under these circumstances, a full refund in the form of a check will be addressed and mailed to the registered participant. Please note that California Education Connection is not responsible for any hotel, airline or other expenses incurred.

All cancellations by registered participant must be dated and submitted in writing. For cancellations received 14 days or more before the seminar date, the registration fee will be returned less a \$50.00 administrative fee. A refund in the form of a check will be mailed to the registered participant.

Within 14 days of the seminar, no refunds will be made. California Education Connection reserves the right to change a course date, location or instructor. If the seminar is either interrupted or canceled by an act of nature, war, or any issue beyond the control of California Education



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Continuing Education Registration Form

Course Information

Title of Course: _____

Date: _____ Location: _____

How did you hear about us? Internet Mailing e-mail Other: _____

Personal Information

First Name: _____ MI: _____

Last Name: _____ Credentials: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Telephone Number : _____ Alternate Number: _____

Email Address: _____

(If provided, we will send your confirmation via email.)

Name of Employer: _____

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HINT HINT HINT

If you would like us to sign you up please check the box YES sign me up!

Payment Information

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Signature: _____ Date: _____

I authorize California Education Connection to charge my credit card. I agree to pay the Late Fee if I don't qualify for the Early Registration Deadline. I understand that this will be automatically charged to the credit card.