2332 – Movement Dysfunction

Intermediate / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 1:30-5:00 pm – 3.0 credit hours
(Pool: 1:30-3:00 pm / Classroom: 3:30-5:00 pm)

Faculty: Maryanne Haggerty, MS

COURSE DESCRIPTION: In Movement Dysfunction, we will unlock the key to addressing the issues blocking function. This course will explore dysfunction in movement patterns and how to evaluate the causes. By evaluating altered muscle length tension relationships and joint arthrokinematics, this course will examine movement and function. Assessing and maintaining stability and promoting efficient mobility for the prevention and management of injury and musculoskeletal pain will also be discussed and practiced. The goal of regaining efficient functional movement is to evaluate corrective exercise methods and to educate and control new or renewed efficient movement patterns.

Building a strong foundation for stabilization will be progressed as efficiency of the nervous system is achieved. Correcting muscle imbalances will be explored through the kinetic chain to achieve neuromuscular efficiency through effective exercise selection and technique. Range of motion and corrective flexibility issues will be addressed as needed to allow postural stability and efficient trunk-centered lower and upper extremity mobility. Focused activation of the weak stabilizing muscles to promote muscle balance and overall whole body balance progressing to muscular endurance and strength. With focused education and attention to alignment, a total body approach to achieving efficient muscular balance decreases movement pattern compensations and dysfunction.

COURSE OBJECTIVES:
1) Identify and address altered length-tension relationships interfering with neuromuscular efficiency, breathing mechanics, and deep core activation.
2) Practice effective strategies for exercise selection and techniques to correct dysfunctions in muscle imbalances and inefficiencies in breathing mechanics, intrinsic core stabilization system, posture and body mechanics.
3) Establish basic foundational skills and increase neuromuscular efficiency for effective functioning.
4) Activate weak muscles to promote joint and muscular stabilization and balance.
5) Explore muscular balance activation and balance training through a total body approach.

FACULTY: Maryanne Haggerty, MS-ExPhys, educates individuals, groups, and corporations in health, wellness, and fitness. In addition to teaching several certifications and continuing education courses, she has developed many progressive functional exercises for stabilization and muscular strengthening. Her mission is to promote safe and effective exercise enabling individuals to be functionally stronger.