

COURSE SCHEDULE

Start		Contact Minutes
8:15	ARRIVE, SIGN IN, CHANGE INTO LAB ATTIRE AND SETTLE IN.	--
8:30	With a small femur model in hand, review the torsion & version nomenclature.	15
MUSCULOSKELETAL ASSESSMENTS LAB. Candidates work in teams of 3. 1 is assessed, 2 executes the procedure, 3 coaches. <i>Instructor grades each participant.</i>		
8:45	DEMO & LAB: Hip Medial Rotation ROM	30
9:15	DEMO & LAB: Hip Lateral Rotation ROM	30
9:45	SHORT BREAK – 15 MIN	--
10:00	DEMO & LAB: Modified Femoral Torsion Test	60
THERATOGS DONNING AND STRAPPING LABS - Candidates work in teams of 3.		
11:00	LAB: In ≤ 15 min., don a fellow participant in a TheraTogs PTA system with strapping to reduce shoulder protraction with thoracic kyphosis, and to shorten oblique abdominals.	45
11:45	Remove TheraTogs and store garments and straps carefully for using after lunch.	--
12:00	LUNCH BREAK - 30 MINUTES	--
THERATOGS STRAPPING FOR FOOT PROGRESSION ANGLE Candidates work in teams of 3. <i>Instructor grades each participant.</i>		
12:30	<i>Form new groups of 3. Set a stopwatch on your phone. In <7 min., don the same PTA system as you did this morning. Report your donning time.</i>	30
1:00	DEMO & LAB: Strapping to Assist Stance-Phase Hip Stability	45
1:45	SHORT BREAK – 15 MIN	
2:00	DEMO & LAB: Rewrap Thigh Cuffs and Apply a Strap to Reduce Hip Medial Rotation	45
2:45	DEMO & LAB: Strapping to Reduce Persistent Pelvic Retraction – Four Methods	60
3:45	DEMO & LAB: Rewrap Thigh Cuffs and Apply a Strap to Reduce Hip Lateral Rotation	35
4:20	DEMO: Removing and Repacking Lab Garments and Straps	10
4:30	<i>Please complete the course evaluation.</i>	--
4:40	<i>Clean-Up – Each participant folds and stores a garment set. Each team of three removes tabs from, sorts, and stores the straps they used in the afternoon.</i>	
5:00	Adjourn when repacking is finished.	--
Lab contact minutes / hours:		405/ 6.75

In exchange for your course evaluation, you will receive your TheraTogs Fitter - Level II certificate in the mail.

Thank you for your participation in this program.

Safe travels home!