

CTF-I Lab Course Agenda

After assessment procedures, each team member dons garments and completes the battery of 10 strapping applications in turn.

Start	Topic / Learning Activity	Contact Minutes
8:00	Arrive, sign in.	
8:15	Introduction and opening remarks DEMONSTRATION (DEMO): Measuring Sitting Postural Alignment in the Sagittal Plane	15
8:30	LAB: Measuring Sitting Postural Alignment in the Sagittal Plane – Teams of 3	30
9:00	DEMO & LAB: Measuring Standing Pelvic Alignment in the Sagittal Plane	15
9:15	Review of TheraTogs Posture & Torso Alignment System components, properties of the materials & criteria for optimum fit & function.	15
9:30	DEMO: Garment Donning for Optimum Fit & Function	10
9:35	LAB – Garment Donning by Team Member #1	10
9:45	Short break - 15 min <i>Please remain in the garments</i>	--
10:00	DEMO & LAB: Cross Strap Applications to Improve Thoracic & Thoracolumbar Extension	15
10:06	DEMO & LAB: Cross Strap Application to Increase Lumbar Extension	6
10:12	DEMO & LAB: Straight Strap Application to Increase Thoracic Extension	6
10:18	DEMO & LAB: Cross Strap Application to Retract a Shoulder and Stabilize the Scapula	6
10:24	DEMO & LAB: Cross Strap Application to Retract Both Shoulders	6
10:30	DEMO & LAB: Add Cross Strap Application to Shorten Oblique Abdominals	6
10:36	DEMO & LAB: Add Straight Strap Application for Lower Transverse Abdominus (TA)	6
10:42	DEMO & LAB: Add Cross Strap to Shorten Rectus Abdominus	6
10:48	DEMO & LAB: Apply TA strap, Add Cross Strap to Shorten Gluteus Maximus	6
10:54	REPEAT ALL PROCEDURES with Team Member #2 Donning	60
11:54	Remove TheraTogs and prepare them for the 3 rd team member	--
12:00	Lunch on premises – 30 min	--
12:30	REPEAT ALL PROCEDURES WITH Team Member #3.	70
1:40	REVIEW LAB: Remove TheraTogs. Form Teams of 2 with New Partners. Don Garments on your New Partner. Repeat on another new partner.	30
2:10	Remove all tabs, fold & pack Garments, compile & stack like straps and tabs for packing.	--
	Complete & submit course evaluations.	--
2:30	Adjourn	
Didactic contact minutes (hours):		15 (.25)
Lab contact minutes (hours):		304 (5.1)
Total contact minutes (hours):		319 (5.25)