



Day 1:

9-10:30am: Neurology Overview & the IKN

Lens

- How does IKN look at pain?
- Neurology 101
- Neural Energy, Stress Timeline and Environment
- X Pattern Approach
- Pain science and stress

10:30am-11:30am Breathing & Neurology

(Practical breakout)

- Breathing techniques and how to influence the nervous system
- How to address past injuries from an applied neurology perspective
- How to instruct your clients to self-perform drills for carryover

11:30am-12:30pm Assessing the Neurological State of a Client

(Practical Breakout)

- Neurological Reflexes as related to a clients state
- How does the nervous system effect muscle strength

1:30pm-3:00pm Neuro-Lymphatic Reflex Points

(Practical Breakout)

- Reflex stimulation and sequencing for pain relief and performance enhancement
- How past injuries, surgical scars, trauma impacts your neurology

3:00pm-4:00pm Neuro-Balancing Movements

(practical breakout)

- Review of assessments, hands-on stimulation sequence, case examples
- Structured movement for pain relief and movement efficiency
- Pain relief strategies using movement, manual therapy, and neurological stimulation

4:00pm – 5:00pm Neurotag and Reconditiong

(Practical Breakout)

- What is a neurotag
- How this can influence chronic pain
- How to recondition to improve long term results

Day 2:

9am-10:30am: Multi-sensory Integration

- Review of Day 1/questions/clarification
- Neurological influence of the sensory systems on pain, stress, and performance
- Sensory disconnection and effect on pain and performance

10:30am-2pm: Sensory Systems Assessment & Drills

(Practical breakout)

- Anatomy and Neurology
- Assessment of sensory dominance
- Drills to improve system
- Visual System
- Vestibular System
- Jaw/Trigeminal Nerve System
- Cerebellum System
- Proprioceptive System

2:00pm-2:45pm Layering & Movement

(Practical breakout)

- Multiple examples of combining drills and sequences for different presentations
- Designing home exercises programs for clients
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2:45pm-3:30pm: Neuro-Linguistic Programming

- How to use through IKN lens
- Combining with Neurotag and state testing

3:30pm-5:00pm Kinetic Stretches

(Practical breakout)

- Movements to map the body
- Focusing on movements along kinetic chains
- Layering with sensory drills to improve cortical map