



IKN
INTEGRATED KINETIC NEUROLOGY

Integrated Kinetic Neurology Approach

Day 1:

9-10:30am Introduction/theory

- Neurology 101
- Environmental effects on neurology
- Why some patients take longer to get better and what you can do to help
- Neurology of pain and stress

10:30-10:45am --Break

10:45-1:30pm (Practical breakout for each section)

- Applied neurology assessment/neural organization
- Reflex stimulation and sequencing for pain relief and performance enhancement
- Pain neuromatrix & neurotag reconditioning
- How past injuries, surgical scars, trauma impacts your neurology
- How to address past injuries from an applied neurology perspective
- How to instruct your clients to self-perform drills for carryover

2:30pm-5pm (practical breakout for each section)

- Review of assessments, hands-on stimulation sequence, case examples
- Neuro-balancing movements for pain relief and movement efficiency
- Pain relief strategies using movement, manual therapy, and neurological stimulation
- Quick assessments/high pay off movements/drills to use with your clients

Day 2:

9am-10am

- Review of Day 1/questions/clarification
- 10am-1:30pm (Practical breakout for each section)
- Neurological influence of the sensory systems on pain, stress, and performance
- Sensory examination through an IKN perspective (Extended and quick assessments for clinic)
- Treatment for sensory disconnection for pain reduction and performance enhancement

2:30pm-4pm

- Input integration strategies with techniques from Day 1
 - Multiple examples of combining drills and sequences for different presentations
- Rehabilitation of sensory systems with many drills and examples
- Designing home exercises programs for clients
- Quick and easy ways get to ultimate buy-in from clients
- Techniques to create lasting change in your clients

4pm-5pm

- Kinetic Flow demonstration and homuncular refreshment exercises