



Kinetic Flow is a one-day course for movement instructors and trainers who are interested in integrating an applied neurological approach in a simple manner with their clients to facilitate greater change in performance measures and movement capacity. Participants will learn simple assessments and treatments of the sensory systems, and how to integrate with their current approach to increase performance measures with their clients. Applied neurology can be perceived as daunting for many practitioners, but this course will offer a simple system of addressing more layers of your clients' nervous system & body to achieve greater change.

9-10:45am Introduction/theory

- Neurology
- Input—Process—Output: the basis of every interaction with your clients
- Why addressing more layers and sensory systems of the body is the missing link to helping facilitate change in pain & movement
- Neurology of movement & pain

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

- Neurological influence of the Vestibular system, Oculomotor system, and the Cerebellum on pain, stress, and movement performance
- Sensory assessment through an IKN perspective (Extended and quick assessments for classes vs one-on-one)
- Treatment/integration of sensory systems with movement for pain reduction and movement enhancement

1pm-2pm -- Lunch

2pm-5pm

- Breathing techniques for brain activation and to create the best internal environment before you begin training
- Muscle stimulation techniques and sequencing for pain relief and performance enhancement.
- How to instruct your clients to self-perform drills for improved carryover
- Brain-mapping movements and how to layer vestibular, visual, and cerebellar drills to create more rapid change in movement capacity and other measures
- Neurodynamic drills for strength/mobility improvements and pain relief/elimination