



MULTI-REGION CORE STABILITY

Evidence-Based Assessment and Treatment with a New Zealand Approach

Multi-Region Core Stability refers to the ability of the shoulder girdle, lumbopelvic, and hip regions to control torsion in order to protect joint mechanisms and provide the basis for movement. This stability enables the extremities to generate functional movement and perform work. These three regions must have stability in order to remain stationary, or move as required, for the extremities to function with appropriate force and precision. The initial function of a muscle is to stop movement; therefore it is only with a stable base that quality movement can occur. Both a soccer player kicking a ball, and a tennis player serving, require a stable base upon which they can generate the precise movement and force they need to correctly carry out their task. In order for each of these movements to occur with accuracy, strength, and safety, they require the proximal extremity link to be stabilized.

This is a hands-on course that will equip the participant with the ability to assess and treat each of these regions, along with their interplays. Drivers of dysfunction are identified and the treatment rationale multifaceted but includes inhibition of over-active muscles and movement patterns, followed by the facilitation and strengthening of antigravity muscles.

This course is unique, clinic-ready and functional, and enables a therapist to stay modern with evidence-based treatment techniques and rationale. The methodology taught is applicable to many varying patient populations.

Addressing the cause, more so than the result, enables treatment to be more effective.

COURSE OBJECTIVES

By completing this course the participant will be able to:

- Use the best, and evidence-based, practices to evaluate and treat the body's three core regions
- Assess antigravity muscle formation in each region
- Differentiate between the three main classifications of spinal pain: neurological, pathological and non-specific.
- Classify non-specific spinal pain, as treatable syndromes.
- Understand the interplay of local and global muscle systems.
- Perform a functional multi-regional core stability evaluation.
- Teach and implement correct diaphragmatic breathing patterns.
- Assess the function of the pelvic floor, without floor palpation.
- Institute a graduated functional core stability program for each region.
- Teach and implement a multi-regional core stability exercise program for the patient or athlete

COURSE SCHEDULE – 1.75 days

DAY ONE

- 07:15 *Sign-in and breakfast*
- 08:00 Introduction: Multi-Region Core Stability
- 08:30 Evidence-based classification system
- 09:30 Crossed and Distal Crossed syndromes of muscle imbalance
- 10:00 *Break*
- 10:10 Cervical Spine/Shoulder Girdle muscle balance assessment
- 11:00 Cervical antagonist treatment
- 12:00 *Lunch (not provided)*
- 01:00 Shoulder Girdle treatment
- 02:00 Lumbopelvic inert stability testing
- 03:00 *Break*
- 03:10 Functional core evaluation
- 04:15 Identifying hypotonic and hypertonic trunk muscles
- 05:00 *End of Day*

DAY TWO

- 07:30 *Breakfast*
- 08:00 Diaphragmatic breathing assessment and treatment
- 08:45 Non-invasive pelvic floor assessment/treatment
- 09:30 Hulme's concepts on the pelvic region
- 10:00 *Break*
- 10:10 Foundation movements
- 11:00 Multifidus assessment, facilitation, and strengthening
- 12:00 *Lunch (not provided)*
- 12:30 Hip stability, function, and strengthening
- 01:30 Athlete muscle function and stability treatment
- 02:30 Multi-regional stability integration
- 03:00 *End of course*