

Learning Objectives

MedBridge

Exercise Prescription for Hip & Pelvis Movement: Part 1

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Course Objectives:

- Discuss the goals of the Dynamic Kinetic Chain Integration system.
- Understand the developmental progressions through the exercises from positions of greater inherent stability to those in positions requiring the client/athlete to generate greater amounts of dynamic stability.
- Understand the rationale for the progression of the exercises through all 4 phases of stability.
- Understand the rationale for the exercise demonstrations given in the supine position.
- Effectively be able to perform 3 exercises in the supine series.
- Understand the appropriate progression of the exercises based on the Dynamic Kinetic Chain Integration system.
- Understand the rationale for the exercise demonstrations given in the side-lying position.
- Effectively be able to perform 3 exercises in the side-lying series.
- Understand the appropriate progression of the exercises based on the Dynamic Kinetic Chain Integration system.
- Understand the rationale for the exercise demonstrations given in the prone position.
- Effectively be able to perform 3 exercises in the prone series.
- Understand the appropriate progression of the exercises based on the Dynamic Kinetic Chain Integration system.
- Understand the rationale for the exercise demonstrations given in the quadruped position.
- Effectively be able to perform 3 exercises in the quadruped series.
- Understand the appropriate progression of the exercises based on the Dynamic Kinetic Chain Integration system.

Chapter 1: Introduction

The rationale for utilizing the Dynamic Kinetic Chain Integration paradigm is explained as are the principles behind its application. The progression of the strengthening and activation exercises for the earlier stages of motor learning and rehabilitation are discussed.

Chapter 2: Position 1: Supine

Exercise description and demonstration will occur for the most stable positions in the exercise series, allowing the client/athlete to accomplish fundamental movement patterns needed for increased movement efficiency later in the series.

Chapter 3: Position 2: Side-Lying

Exercise description and demonstration will occur for the most stable positions in the exercise series, allowing the client/athlete to accomplish fundamental movement patterns needed for increased movement efficiency later in the series.

Chapter 4: Position 3: Prone

Exercise description and demonstration will occur for the most stable positions in the exercise series, allowing the client/athlete to accomplish fundamental movement patterns needed for increased movement efficiency later in the series.

Chapter 5: Position 4: Quadruped

Exercise description and demonstration will occur for the most stable positions in the exercise series, allowing the client/athlete to accomplish fundamental movement patterns needed for increased movement efficiency later in the series.