

Learning Objectives

MedBridge

Exercise Prescription for Hip & Pelvis Movement: Part 2

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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 in a standing and upright vertical position, with specific regard to athletic skill acquisition.
- Understand the rationale for the progression of the exercises through all 4 phases of athletic stability.
- Understand the rationale for the exercise demonstrations given in the tall kneel position.
- Effectively be able to perform 3 exercises in the tall kneel 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 half kneel position.
- Effectively be able to perform 3 exercises in the half kneel 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 bilateral stance position.
- Effectively be able to perform 3 exercises in the bilateral stance 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 unilateral stance position.
- Effectively be able to perform 3 exercises in the unilateral stance 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 later stages of rehabilitation and return to sport are discussed.

Chapter 2: Position 5: Tall Knee

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 later stages of rehabilitation and return to sport are discussed.

Chapter 3: Position 6: Half Kneel

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 7: Bilateral Stance

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 8: Unilateral Stance

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.