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# Learning Objectives

MedBridge

*Movement Links: Neuromuscular Rehabilitation of the Upper Quarter*

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## Chapter 1: An Introduction to the Functional/Neuromuscular Approach

- Describe the underlying premises of musculoskeletal pain
- Describe the common causes of impairments
- Describe the differences between cause and source, and how that relates to musculoskeletal pain
- Describe the role of the sensorimotor system in coordinating stability-mobility continuum
- Describe the relationship between movement patterns and muscle balance
- Describe the consequence of muscle imbalance

## Chapter 2: The Upper Quarter Evaluation

- Demonstrate a structured exam from a movement system perspective
- Perform an examination including alignment, posture, gait, and functional movement and making predictions for possible impairments.
- Confirm the impairments through careful assessment of muscle length, movement patterns

## Chapter 3: Clinical Reasoning for Treatment Strategies

- Provide succinct patient education on the importance of home exercises and treatment.
- Prioritize treatment strategies based on the patient's presentation
- Provide daily activity modifications to improve the patient's condition and reduce symptoms
- Provide three treatment strategies for the patient to conduct at home