
Objectives and Program Schedule

MedBridge

Movement Links: Systematic Evaluation of the Lower Quarter

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Chapter 1: Introduction to the Functional Approach to the Movement System

- 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 & muscle balance
- Describe the consequence of muscle imbalance

Chapter 2: Functional Assessment Tests and Evaluations

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

Chapter 3: Lower Quarter Structured Exam - Demonstration and Findings

- 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