

Course Schedule

Wednesday February 27, 2019

7:00am-8:00am

Originating in Norway as extensive sling and suspension-based therapy in 1991, Redcord is based around the theory of neuromuscular activation. It consists of therapeutic exercise in slings with the goal of pain-free restoration of movement patterns to improve overall function. Neuromuscular activation treatment restores muscle coordination and focuses on treating the actual causes of the patient's problem not just the symptoms. Medical professionals, including physical therapists, should expect to achieve enhanced clinical reasoning and treatment skills for patients with or without referral.

Course Objectives

1. Explain three ways that suspension training maybe utilized in the clinical setting (15 min)
2. Correctly identify significant differences between open kinetic chain and close kinetic chain exercises (10 min)
3. Name the four main elements of neuromuscular activation treatment (10 min)
4. Classify what falls under local versus global stabilizing muscles (15 min)
5. Apply the concept of myofascial lines into everyday practice (10 min)

Physical Therapy at St. Luke's Course Registration

*Suspension Exercise for
Neuromusculoskeletal Disorders
Wednesday February 27, 2019*

Registration Fee: Free

Register by phone or mail.

Name _____ Degree ___ License# _____

Address _____

City _____ State _____ Zip _____

Daytime phone _____ Email _____

Registration deadline is 5 days prior to course date.

For Questions Or to Register By Phone:
Call: (484) 426-2544

To Register by Mail:
Physical Therapy at St. Luke's
501 Cetronia Rd.
Allentown, PA 18104

Credits:
Approved for CEU's for PA & Pending NJ.



Presents

Suspension Exercise for Neuromusculo- skeletal Disorders

**Wednesday
February 27
2019
Bethlehem, PA**

Course Presenters

Alex Brown, PT, DPT, OCS

Dr. Brown graduated from DeSales University with a bachelors in science in sport and exercise science. Following completion of his bachelors degree, Alex spent a year in the field working and learning prior to attaining his Doctor of Physical Therapy from Dominican College located in Orangeburg New York. He has a strong background in manual therapy, training under and learning numerous techniques and treatment styles from various orthopedic fellows. Dr. Brown's research interests include collegiate baseball players' throwing motion as well as various ways to improve shoulder mobility and decrease future injury.

Michael Verdon, PT, DPT, CEEAA

Dr. Verdon graduated from Rutgers University with a Bachelors of Science degree in Physiology. He then went on to Thomas Jefferson University to earn a B.S. in Physical Therapy, and his Doctor of Physical Therapy. His area of interest include outpatient orthopedics, and a specialty in craniomandibular disorders and suspension training.

Dr. Verdon and Brown lead the suspension training rehabilitation program at St. Luke's University Health Network.