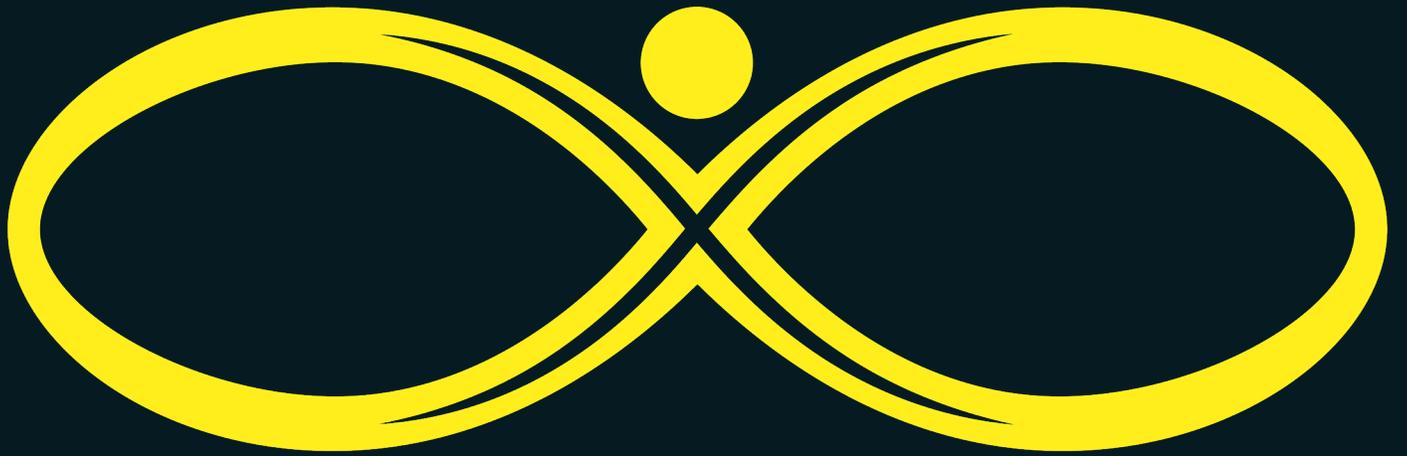


P H Y S I O K I N E T I X



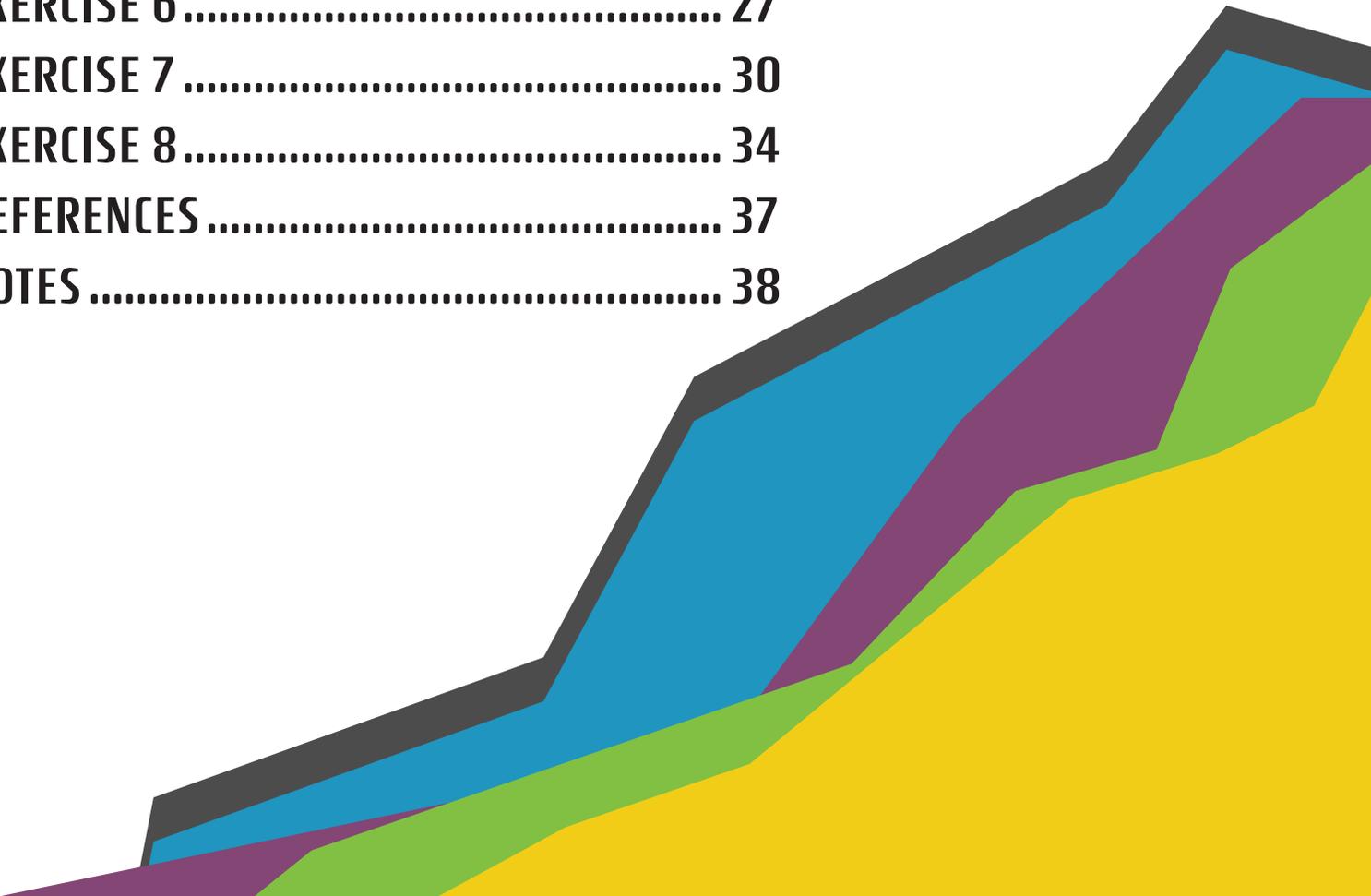
L E V E L 1 : M O B I L I T Y

INTRODUCTION TO
ASSESS & TREAT
COMMON DYSFUNCTIONS
WHILE
STRENGTHENING
THE BRAIN & BODY

PRESENTED BY PAUL KELLY, BS | CPT | LMT | MPKT

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LETTER OF SUCCESS

When I first started going to Temple Human Performance about 2 years ago, I was a mess. I was attempting to recover from surgery-caused neuropathy due to tourniquet use during my Achilles tendon repair in 2016. The repair left me with nerve damage from my lower thigh to my toes. In 2017, I had a left hip replacement. Despite 1 1/2 years of physical therapy, I had not been able to recover much or even begin to rehab my Achilles and calf. My daughter was very concerned about my overall physical status and because she was working at Temple, she encouraged me to go.

I'd also had a cervical fusion in 2004, and due to my significant use of crutches and frequent forward bending and poor posture, I developed 3 herniated cervical discs and a brachial plexus neuropathy. I'd had low back problems for years and all of these aforementioned difficulties led to significant time sitting or reclining, when I'd always been highly active. This was all depressing and scary.

In my first few months at Temple I could not stand on my left foot for more than a few seconds, I had significant pain in my back that radiated to my buttocks and down both legs, and it took me over an hour of morning movement alongside Tylenol and Ibuprofen to be able to start my day. I could barely get out of my car, and I avoided attending UT football and basketball games because I had great difficulty getting up and down the stairs and feared falling. In addition, my work efficiency suffered greatly.

I have been seeing Paul Kelly on nearly a weekly basis, as well as 2-3 additional sessions per week with his trainers. About a year ago the pains in my back, buttocks and legs ceased. My balance has improved tremendously and I can easily get out of my car. I can go up and down football and basketball arena stairs confidently. I play golf, walk, sneak in some basketball, and body surf. I've lost 18 pounds, gained significant muscle and core strength, can kick my 17-year-old son's butt (jk!) and my daughter is no longer worried about me being able to walk her down the aisle in several years. My son started attending Temple after a severe ankle sprain and works out there regularly with the trainers and has made tremendous gains. My stubborn, self-starting, exercising daughter has begun workouts there as well and is learning new and useful information each session.

The wealth of knowledge that Paul Kelly has and his approach of treating the whole body has educated and assisted me to an astonishing degree. I've treated with orthopedists, physical therapists, massage therapists, had nerve stimulation treatments, stem cell injections and nothing has come close to benefiting me like Paul and his staff have. I learn new facts about anatomy, physiology, nutrition and inflammation every time I'm there and no other professional or group of professionals I've treated with over the years can hold a candle to him!

J. Sidney Alexander, MD
Board Certified Psychiatrist
Medicolegal and Forensic Expert



INTRODUCTION

Paul Kelly's PhysioKinetix Training (PKT) is a series of restorative, functional techniques aimed at making your mind and body better able to align, balance, and re-educate the neuromuscular system to create long lasting, life changing effects. It is a "Treatment & Training" approach created to be an all in one approach or easily incorporated to complement and prolong the effects of other therapies in the industry.

Over the past 25 years, Paul has seen that there has been no true progressive, neuromuscular education system that includes all the needed equipment, is 100% portable, is easy to use, and provides multiple freedoms of movement with resistance. Other routines have not focused on creating structural fixes for any injury, at any age. Paul began to understand that therapy and exercise were not enough separated. A body needs a program that is fast, efficient, and productive; a program that begins with primal forms of movement and progressively brings you to performance. There are many types of routines out there (ex. Pilates, Yoga, movement therapy, circuit training, and weight loss exercises) but none that encompass the most important parts of each. Many people don't want to do all of these programs because of difficulty, costs, and the potential to hurt oneself.

As the owner of a manual therapy clinic for over two decades, Paul has seen countless clients come in with injuries due to some of these other exercise programs. These programs were not progressive and did not start with personalized assessments. Paul began to develop a system that could help his clients fix the problems caused by these other programs or from any stress on the body such as work and sports. He began assessing his clients and in turn addressed the four levels where problems occurred: Mobility, Stability, Power, and Performance. Using his personal experiences with other programs and the damage seen with clients coming from these programs, Paul began to fine-tune his system so that any of his clients, no matter age or health, could begin to reverse the effects of any injury or stress on the neuromuscular system.

Although Paul had put his program into motion to help his clients, he knew he wouldn't get the rest of the picture without more research and education. PhysioKinetix was truly born after Paul started attending neuroscience congresses for over five years and seeing the cognitive, neurological implications to pain and its relationship to movement. After this, he knew he needed to add more brain and movement based learning into his manual therapy practice to solidify the outcomes. By incorporating PhysioKinetix, his clients started to neuromuscularly re-educate themselves to the point that Paul could see their pain decrease and self-efficacy increase.

The entire PhysioKinetix Training system has been developed with one major idea in mind; accessibility to anyone, anywhere. PhysioKinetix isn't just a video series, a group of products, or manuals; it is a network of clients and clinicians, across the world, who aim to make individuals better through the combination of manual therapy and movement science. This is why PhysioKinetix offers workshops, one-on-one or group mentorships, advanced certifications, and all of the materials necessary to accomplish personalized goals. It is the hope of Paul to reverse the stresses on our bodies from everyday life and get everyone to "Move For Life".

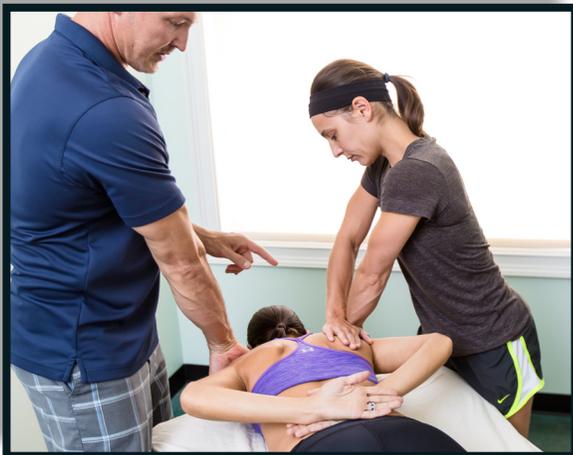
**"A SELF-CARE,
PAIN MANAGEMENT,
PERFORMANCE SYSTEM
WITH A
RESTORATIVE, FUNCTIONAL
APPROACH"**

INCORPORATING PKT AS A PROFESSIONAL

Manual therapists and all healthcare professionals of the Industry do amazing things for people's health. They can reduce muscle tension, improve circulation, stimulate the lymphatic system, lower stress hormones, increase joint mobility, improve flexibility, enhance recovery from injury ... the list is quite large. Unfortunately, this 'do good' profession can come at a price. Manual Therapy is a physically demanding career. It involves repetitive movement that often puts biomechanical strain on a practitioner. When becoming a therapist, it is incredibly important that you factor self-care into your working day. Stretching and strengthening is your ticket to a long-term, sustainable career, so give self-care a high priority.

While much of your strength as a manual therapist comes from your legs and core (rather than your upper extremities), manual therapists still use their necks during every session. In fact, neck and shoulder pain is one of the most common practitioner-related complaints. When performing, it is easy to elevate and protract the scapula which can lead to soreness in the trapezius and rhomboid muscles, as well as tightness in the pectoralis major and minor. The head, too, can become forward flexed, rotated, or laterally flexed, putting added pressure on the neck musculature. Additionally, improper head positioning can put the cervical spine at risk of disc pathology.

It is recommended that you establish an injury prevention strategy that combines good body mechanics, regular aerobic exercise, and specific training to create functional strength in all 3 planes of motion to help you work. Interestingly enough, when PhysioKinetix was created for our clients, those were the specific qualities that we wanted to integrate into our program, as we felt those were the key, missing qualities to form a well-structured brain and body based training program. We found that many of the Therapists who were adopting PKT to help their clients started applying the science and trainings to their own bodies' dysfunctions. By allowing the PKT Therapists to practice what they preached with their clients, they were able to practice longer and more effectively and reduce pain and weak strain pattern issues that many of us in the field face due to high imposed demands on our bodies through repetitive manipulations. The implications of not utilizing a quality brain and body-based training program in manual therapy will not only affect your clients overall health, but will also affect you, the practitioners, health. Make sure you have a plan for both of you!



WHAT IS OUR MOBILITY LEVEL?

THIS LEVEL ENCOMPASSES A RESTORATIVE, FUNCTIONAL APPROACH TO MOVEMENT. START WITH THE FUNDAMENTALS OF PRIMAL MOVEMENTS; WORK OUT OF GRAVITY, ON THE FLOOR AND THEN MOVE TO A STANDING MODEL, IN GRAVITY. EXPLORE 8 TECHNIQUES WITH NUMEROUS NEUROLOGICAL STRENGTH MODIFIERS AND GRADED EXPOSURE MOVEMENTS THAT WILL HELP RESTORE INTRINSIC STRENGTH, NEURAL STRENGTH, SKELETAL ALIGNMENT, AND IMPROVE PAIN THROUGH PROPER CROSS PATTERNING. THIS LEVEL CAN BE USED AS A PAIN MANAGEMENT ROUTINE, AS A WARM-UP TO THE DAY, BEFORE OTHER LEVELS IN THIS PROGRAM, OR TO JUST TO FEEL GOOD AND GET BACK INTO LIFE. SPEND AS MUCH TIME AS NEEDED IN THIS LEVEL AND EXPERIENCE THE DIFFERENCE IN MOBILITY. AVOID ANY TECHNIQUES WHERE PAIN OR DISCOMFORT IS PRESENT. EVERYONE, FROM YOUNG TO OLD, PHYSICALLY FIT OR NOT, SHOULD CONSIDER STARTING WITH THIS LEVEL.

COMMON RESTORATIVE APPROACHES FOR

HEAD, NECK, OR SHOULDER PAIN / RESTRICTIONS

(TECHNIQUE #)

**1 + MOVEMENT
3 + NO MOVEMENT
4 + MOVEMENT
8 + MOVEMENT**

THORACIC, LOW BACK, OR SCIATIC PAIN

**1 + MOVEMENT
3 + NO MOVEMENT
4 + MOVEMENT
5 + MOVEMENT**

CHRONIC NECK & LOW BACK / HIP PAIN

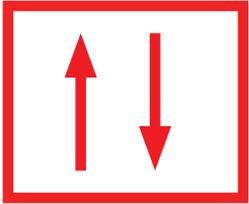
**1 + MOVEMENT
2 + MOVEMENT
7 + MOVEMENT
8 + MOVEMENT**

Use this quick fix strategy for your pain & mobility management

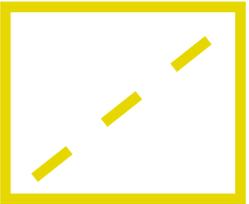
WORKOUT KEY



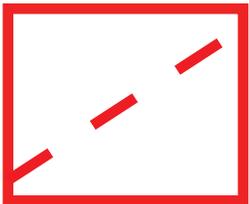
Symmetry Lines - Show ideal lines of symmetry that should be shown in the body during an exercise.



Force Arrows - Show what parts of your body you should be pushing and pulling with during an exercise.



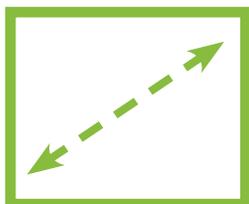
Lengthening Lines - Show what parts of your body you should be feeling lengthened during an exercise.



Strengthening Lines - Show what parts of your body you should be feeling strengthened during an exercise.



Nerve Glide Arrow - Show what parts of your body will receive a nerve glide during an exercise.



Movement Arrows - Show where certain parts of your body should move during an exercise.

WORD KEY

Movement - A simple, slow, and progressive approach to expose yourself to some form of motion that may cause stress or sensitivity in order to alleviate and correct these feelings.

Neuro-Modifier - An altered version of the original technique that may include resistance bands to increase the challenge provided to our brain and body.

Repetitions (Reps) - The amount of times a certain technique, movement, or neuro-modifier is performed without a break, based on comfortability and suggested number.

Set - The grouping of the technique, movement, and/or neuro-modifier, performing each of their suggested reps with a break. Rest between sets and then perform as many sets as you feel comfortable doing up to the suggested number.

Range of Motion (ROM) - The full movement potential of a joint, usually its range of flexion and extension. For example, an elbow might lack 5 degrees of full extension due to an injury.

LEVEL 1: MOBILITY

Exercise 1: Floor Angels

Materials Needed:

PKT Yoga Mat, PKT Balance Pad

Goal:

Floor Angels are used as a posture, breathing and flexibility enhancer. The goal is to separate your upper body from your lower body. This can be used as a correction for Upper-Cross-Syndrome.

Assessment:

This exercise tests range of motion and flexibility of the upper torso and the ability to counter-rotate the shoulder girdle and pelvis. Floor Angels also show the restrictions on your head and neck, as well as shoulder and rib cage mobility issues. If your not able to reach over your head without your rib cage coming off the floor, suspect head on neck and anterior rib/shoulder tightness.

Technique:

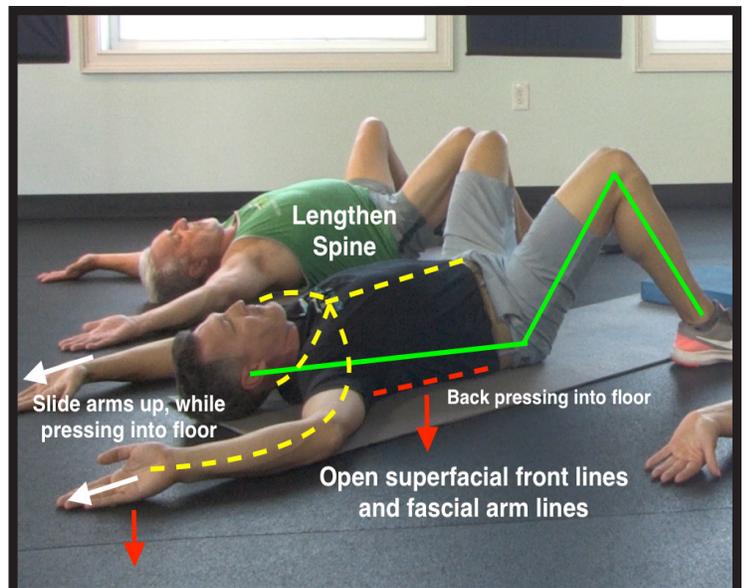
Image A: Lay on your back with arms out in a "T" (Goal Post) position and knees bent. Press your elbows, hands (if possible), and lower back into the floor for a 5 second count with 5 short, and 5 hard breaths sliding arms over your head while pressing into the floor.

Image B: Slowly slide arms overhead while pressing into the floor and repeat the 5 forced exhales. Objective is to reach overhead while keeping the entire spine and head in contact with the floor.

Image A (Start)



Image B (Technique)



Movement:

Action: Wringing the Dural Tube.

Image C: Bend knees and spread 12 inches apart. Slowly begin rotating your head looking into the rotation, and knees in opposite directions. Do 5 pain-free repetitions.

Neuro-Modifier:

Image D: Same technique with your legs out and slightly bent (Fig 1: Image D). Use Level 1 (Yellow) band 12” apart in the “T” goal post position, press your arms and lower back into the floor as you hold band. Give 5 hard breaths. Relax, Repeat 10 times.

You can also look at (Fig 2: Image D) for an advanced technique. Again, press your lower back into the floor, this time, hold Level 1 (Yellow) band above your head/chest with both hands 12” apart. Bring both hands to the floor extending the band across your chest. Give 5 hard breaths. Relax, Repeat 10 times.

Reps: 8 - 10

Sets: 5

Notes:

Image C (Movement)

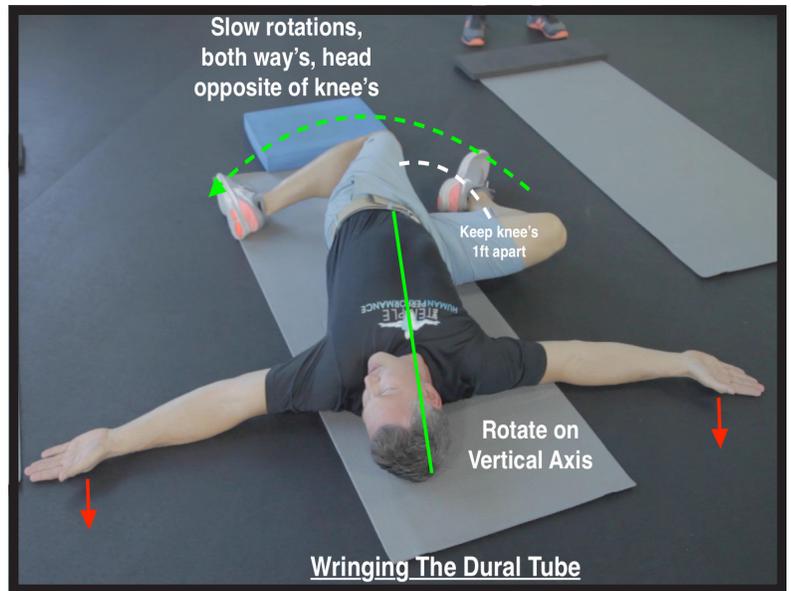
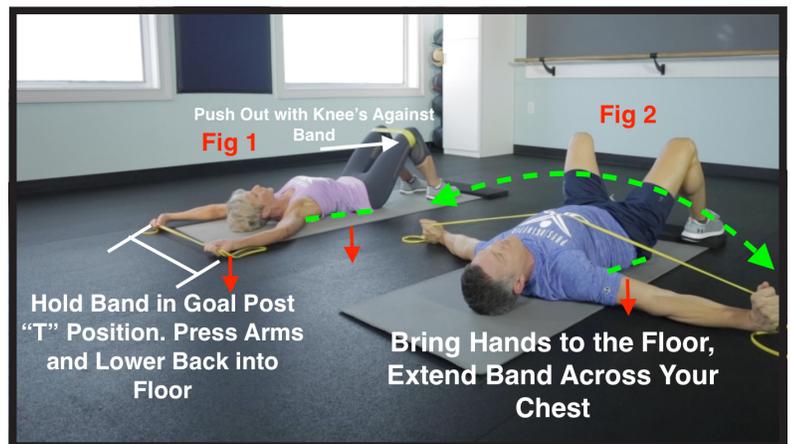


Image D (Neuro-Modifier)



Exercise 2: Dead Bugs

Materials Needed:

PKT Yoga Mat, PKT Proprioceptive Pad

Goal:

Dead Bugs are a restorative functional technique used for movement instability and to fire up the core while strengthening the hips and spine. The goal is to move your arms and legs in cross patterns to correct motor patterning and neuromuscular cross-pattern weakness.

Assessment:

With abs pulled to your spine, this reverse crawling technique should be performed without excessive movement of the ribcage and pelvis. Dead Bugs look for motor pattern weakness; left/right, right/left. Check to see if you can maintain trunk and lower back stability while doing right/left motor patterning.

Technique:

Image A: While lying on your back, raise arms and legs up off the floor while maintaining the curve in your lower back.

Image B: Move your right arm towards your left knee and then switch left hand to right knee. Arm and leg motion should remain small (3-6inches), while maintaining proper spine concavity or lordosis. Imagine crawling on your back. Keep your torso and spine completely stable as each arm and leg move. 30-60 seconds, 2 reps.

Image A (Start)

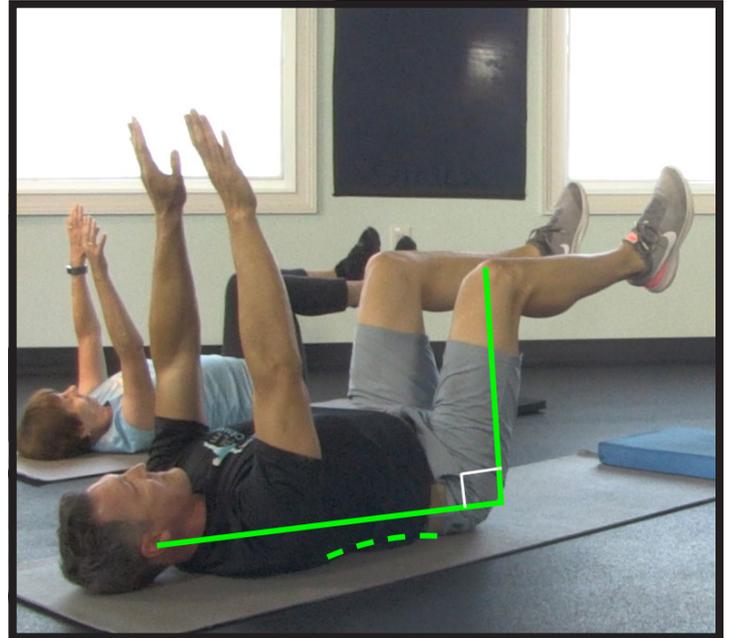
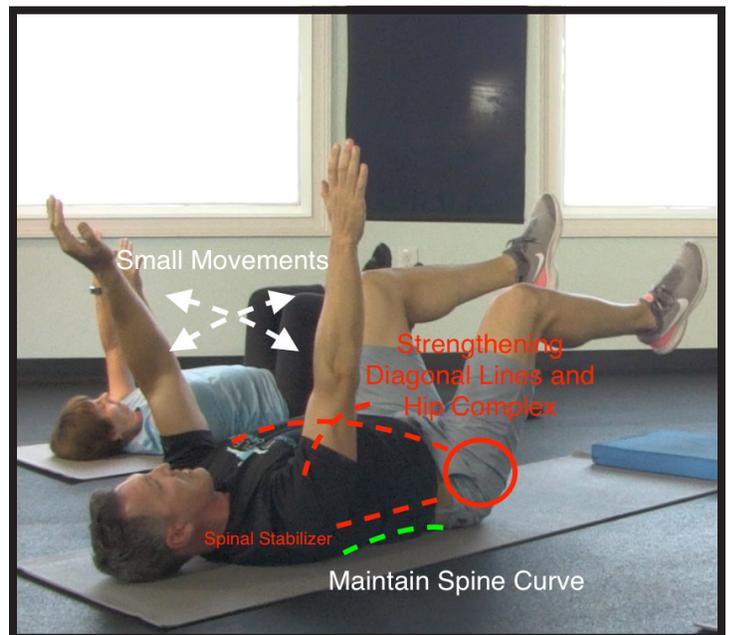


Image B (Technique)



Movement:

Action: Have your arms straight above you in a “T” shape, or arms out straight, and your legs straight and apart.

Image C: With arms in a “T” shape and legs extended and spread apart, begin to slowly internally and externally rotate the palms and toes while pulling your navel towards your spine. (10-12 reps)

Neuro-Modifier:

Action: Lengthen opposite limbs until they are almost straight while maintaining proper low back curvature (neutral spine).

Figure D: Extend your limbs as far as possible on each side while performing a cross-patterning leg/arm maneuver. If you can't hold knees in the air, try 'marching' on your back. Reps: 10 to 15 for each limb.

Reps: 30 - 60 seconds each

Sets: 3

Notes:

Image C (Movement)

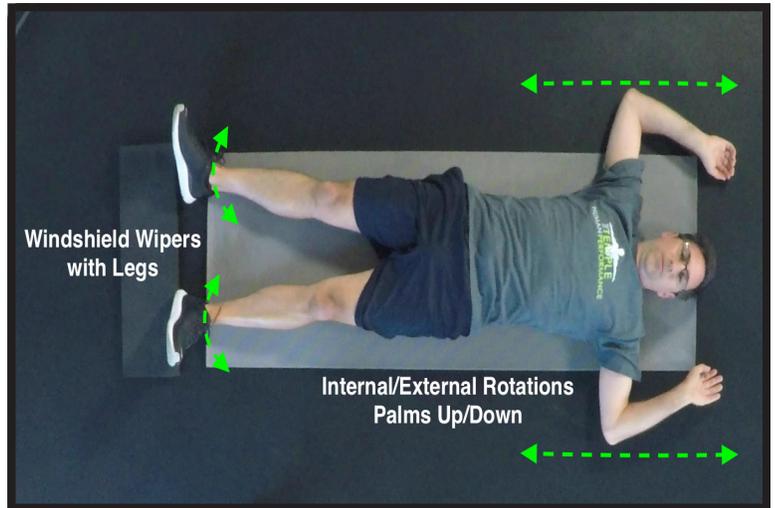
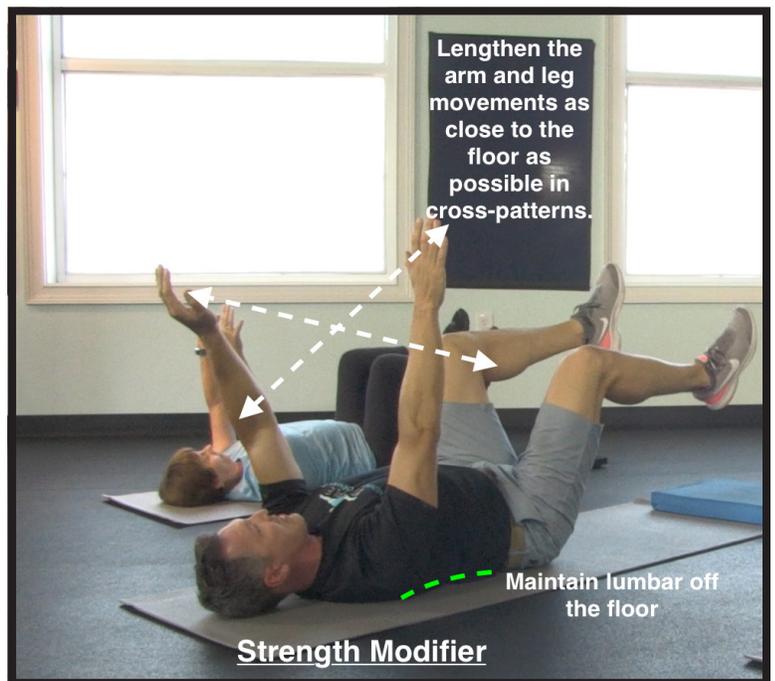


Image D (Neuro-Modifier)



Exercise 3: Segmental Rolling

Materials Needed:

PKT Yoga Mat, PKT Proprioceptive Pad

Goal:

Segmental Rolling is used to increase dynamic stability and core communication between upper and lower body using natural rotational patterns. The goal of this technique is to help identify and correct mobility/stability issues in the shoulder girdle, ribs and hips, and also, to separate your upper body from your lower body, and create mobility in upper and lower extremities.

Assessment:

While using this restorative functional technique, please focus on head and eye rotational movements. Do not try and “power” through these patterns. You will notice an immediate change in ease of movement when attention is paid to eyes and neck turning. Segmental Rolling also shows restrictive movements in your shoulder girdle, ribs and hips. Lack of mobility while you’re rolling shows right or left neuromuscular bias.

Technique:

Image A: Lie face down in an X shape (arms overhead and legs apart).

Image B: As you take one hand, (palm up) reach backwards and across. As you reach back rotating your thoracic spine, imagine separating your torso from your legs. Continue until you are all the way on your back. Don’t forget to look at your hand as you move your body. Try to move only one arm, like your other limbs are paralyzed. As your eyes follow your hand and your head rotates, this movement will become much easier.

Image A (Start)

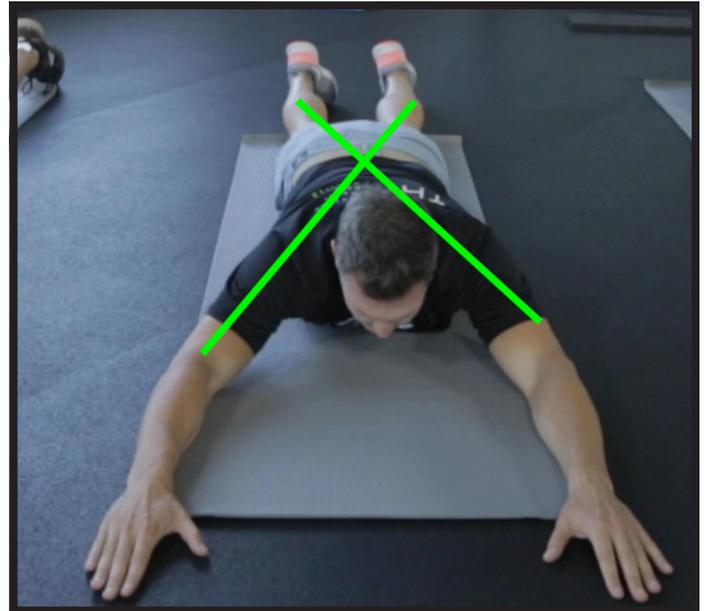


Image B (Technique)

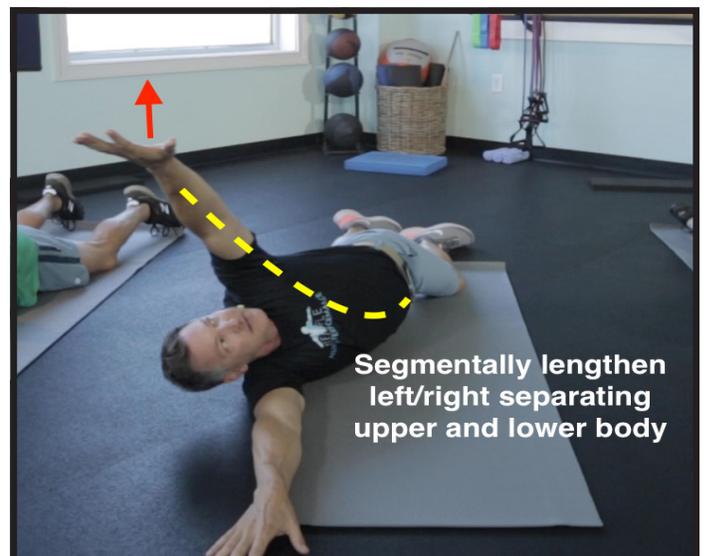


Image C (Technique)

Image C: Lie face up in an X shape (arms overhead and legs apart). Take your left hand and come across your body and use it to flip yourself back over to your stomach again in an “x-position.” Work slowly through the technique making sure to separate your upper body from your lower.

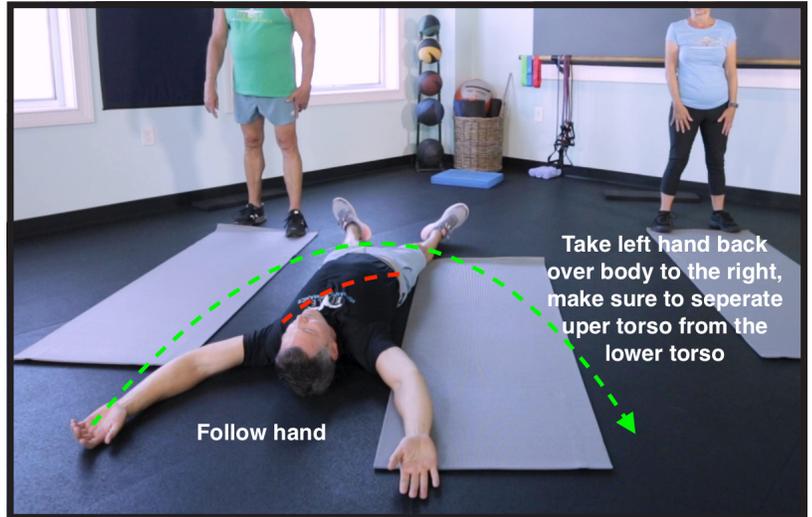


Image D (Technique)

Image D: Lie face down in an X shape (arms overhead and legs apart).

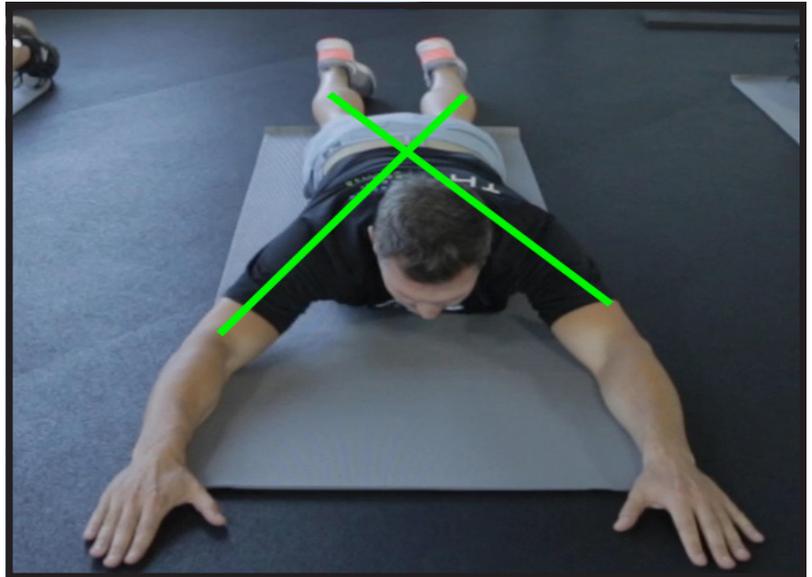


Image E (Technique)

Image E: Now, with opposite arm pull yourself back and across to other side. Again, working slowly, making sure to separate upper and lower body until you are now on your back. Take note of the restrictions in your rib cage and spine, noting sides of weakness.

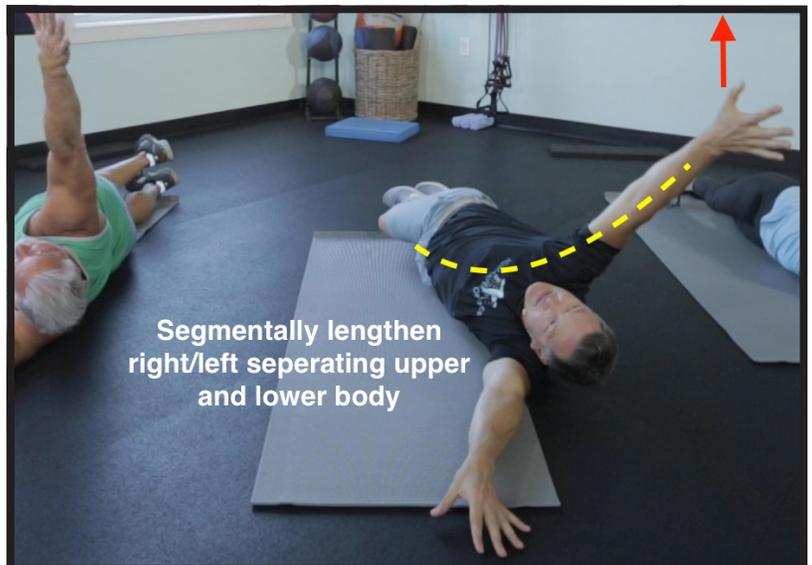


Image F: Lie face up again in an X shape (arms overhead and legs apart). Take your right hand and come across your body and use it to flip yourself back over to your stomach again in an “x-position”. Work slowly through the technique making sure to separate your upper body from your lower.

Image F (Technique)

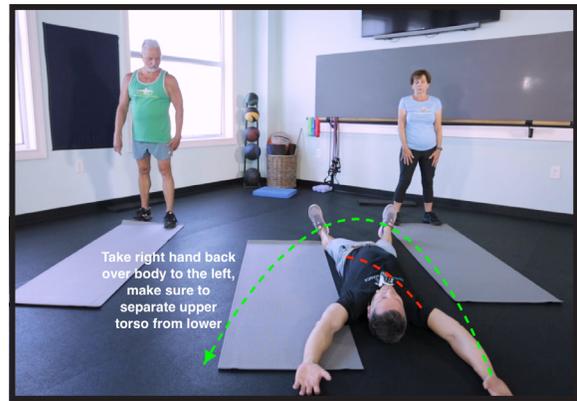


Image G (Technique)

Image G: Lie face down in an X shape (arms overhead and legs apart).

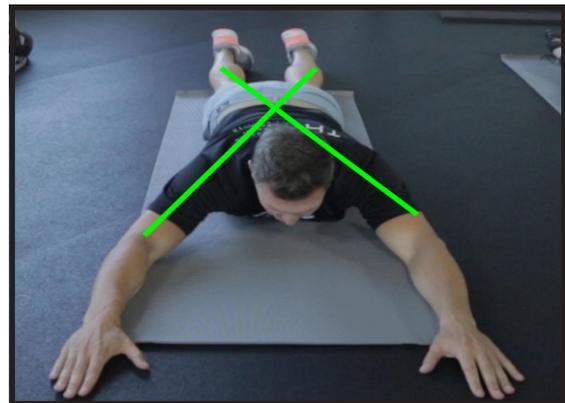


Image H (Technique)

Image H: Now, repeat technique this time using your legs instead of arms to separate lower body from upper body. Make sure to breath through the stretch as you make your way to your back.

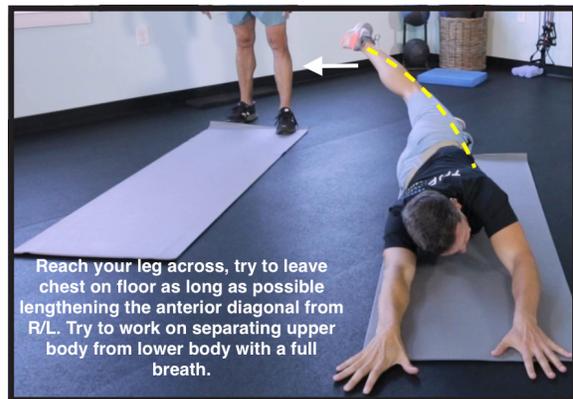


Image I: From your back, use your outside leg again to roll yourself to your belly, the original “x-position.” Make sure to continue to look into your rotation.

Image I (Technique)

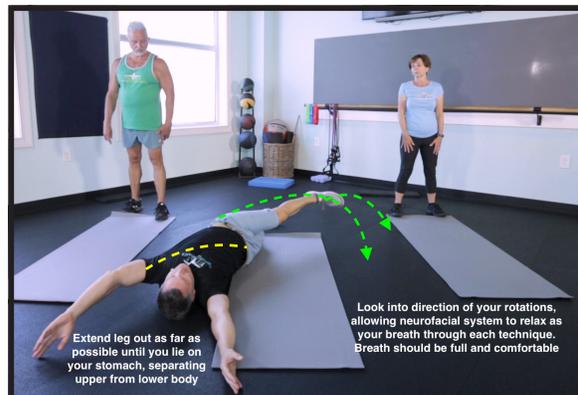


Image J: Lie face down in an X shape (arms overhead and legs apart).

Image J (Technique)

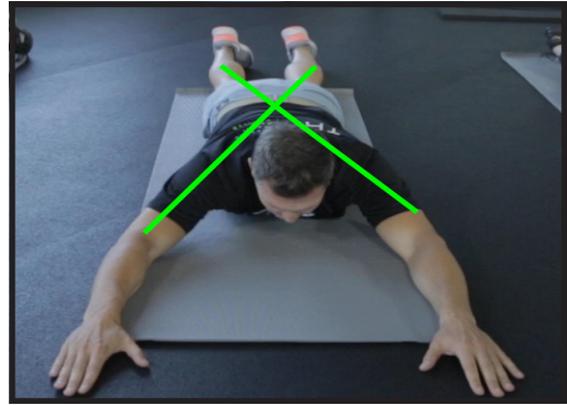


Image K: Now, on your belly again start with opposite leg and begin to separate lower body from upper.

Image K (Technique)

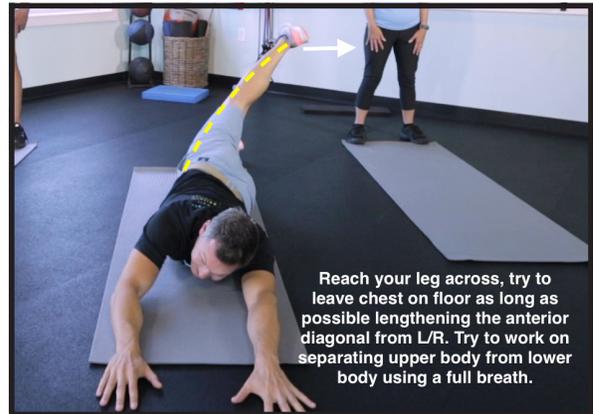


Image L: Use your outside leg again to roll yourself to your belly and original “x-position.” Make sure to continue to look into your rotation.

Image L (Technique)

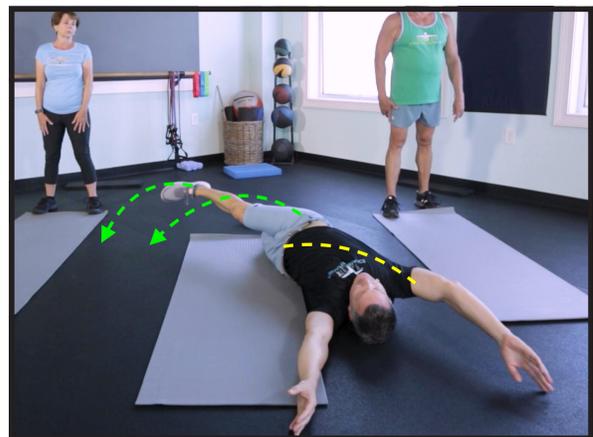


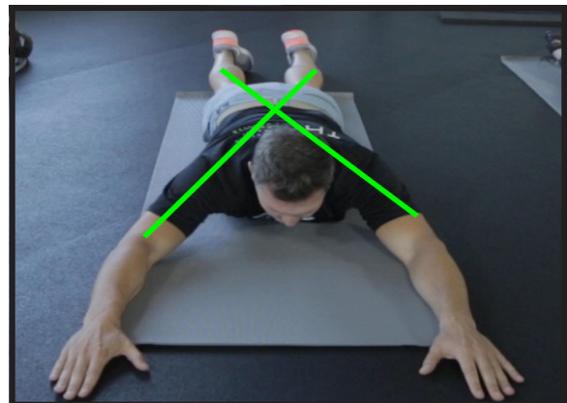
Image M: Lie face down in “x-position” (arms overhead and legs apart). Repeat technique 3-5 times.

Image M (Technique)

Reps: 8 for each limb

Sets: 2

Notes:



ASSESSMENTS

TECHNIQUE 3: Segmental Rolling	
Ability to separate movement patterns in roll:	
^Right Arm and T Spine	Yes No 0 1 2 3 Good
^Left Arm and T Spine	Yes No 0 1 2 3 Good
^Right Hip/leg and Low Back	Yes No 0 1 2 3 Good
^Left Hip/leg and Low back	Yes No 0 1 2 3 Good
Mobility of Head & Neck Ability to look into the movement	Right 0 1 2 3 Good Left 0 1 2 3 Good
Breathing is Controlled	Yes No
Pain / Discomfort During Technique	Yes No

NOTES

Exercise 4: Belly Angels (with Reaches)

Materials Needed:

PKT Yoga Mat, PKT Balance Pad

Goal:

Belly Angels are used to identify and correct motor pattern weaknesses in the posterior chain while increasing thoracic and hip extension in the anterior chain, while strengthening shoulder and spinal stability. This cross-patterned, brain-based technique improves respiration while building endurance.

Assessment:

Belly Angels also test your ability to safely extend your torso and limbs. Performed slowly, this simple technique re-trains your brain to stand and move more upright. Remember, quality of movement is more important than quantity, so stay present and make it fun.

Use this to check for upper-cross tightness in your head, neck, shoulder, and facial front-line. Also looking for lack of extension in your hip complex, which shows restrictions in your hips.

Technique:

Image A: Lie on your belly with arms out in the push-up position and your knees bent.

Image B: Slowly lift your head, arms and heels toward the ceiling with eyes looking upwards.

Image A (Start)

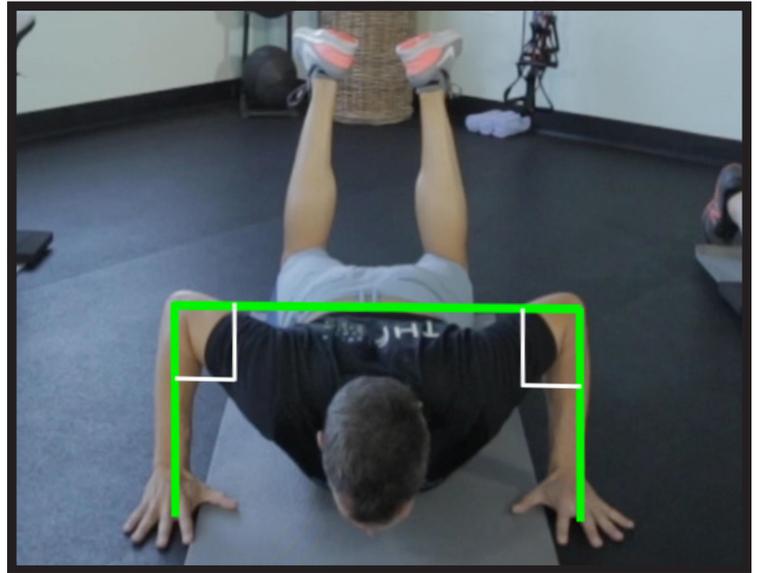
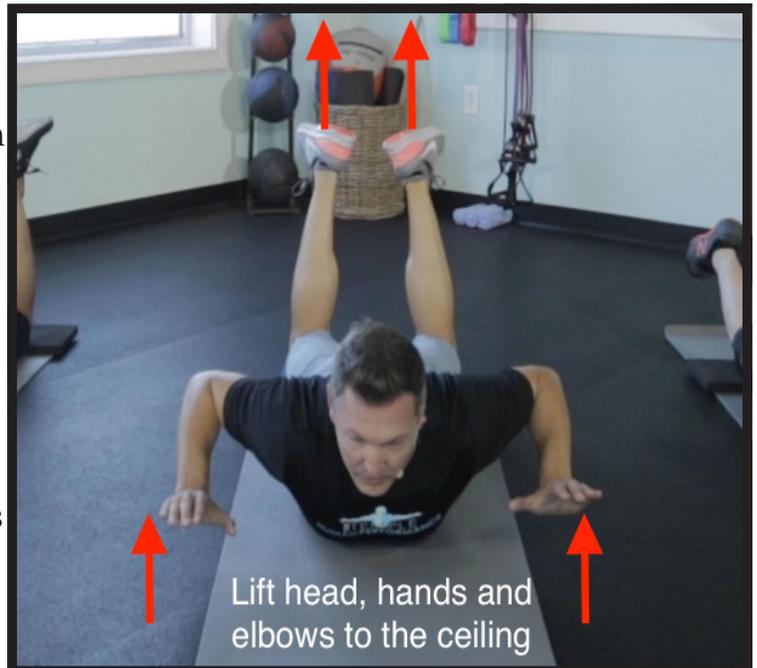


Image B (Technique)



Technique:

Image C: Try to reach over your head with each arm like your swimming freestyle. Move left to right and then right to left. Make sure to keep your back leg extended out from your opposite hand as you push your palm over head reaching tall. Work on opposite cross patterning (12 - 15 times each side).

Movement:

Action: Mini cobra.

Image D: Begin this “mini cobra” with your hands in the push-up position, look up and lift head as you push your chest up off the floor (knees wide apart and on the pad).

Image E: After lifting up from the mini cobra, drop your head through the arms and flatten the spine as you drop your belly to the floor. Come back to the floor and push yourself back into the child’s pose position. Repeat 4-5 times.

Reps: 12 - 15

Sets: 2

Notes:

Image C (Technique)

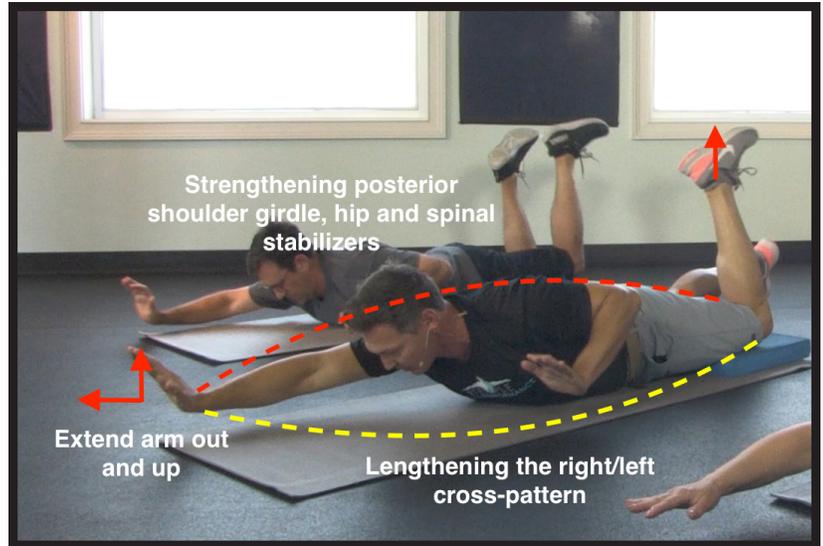


Image D (Movement)

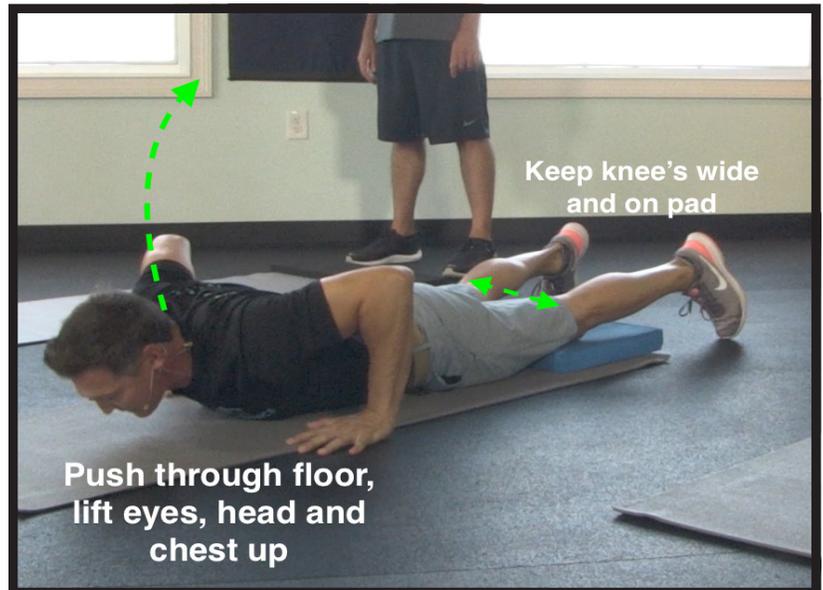
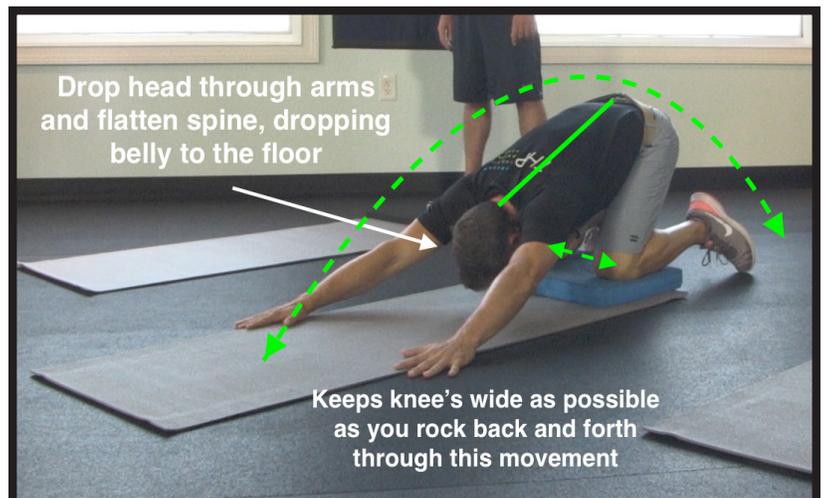


Image E (Movement)



Exercise 5: Rib Cage Plank (with Knee Clams)

Materials Needed:

PKT Yoga Mat, PKT Balance Pad, PKT Level
1 Knee Band

Goal:

The goal of this bent knee side plank technique, is to strengthen and lengthen the lateral torso, diaphragm, and rib cage, and shoulder stabilizers which improves respiration and performance. The clams also targets spinal stability and hip rotator mobility for those with low back stiffness.

Assessment:

Your body should form a straight line from knees to your shoulder as you hold and perform this technique. Any deviation in form indicates mobility/stability issues in the shoulder girdle, ribcage and lateral hips.

Technique:

Image A: Lie on one side with your knees on the floor flexed to 90 degrees. Using your elbow, prop your hips up while balancing on your stacked knees (keep your abs tight the entire time). Breathe in and allow the shoulder to shrug toward your ear as the ribcage drops toward the floor.

Image B: Forcefully exhale while depressing your shoulder to hips (packed position) while abducting (opening) the knees. (12 -15 reps on each side)

Image A (Start)

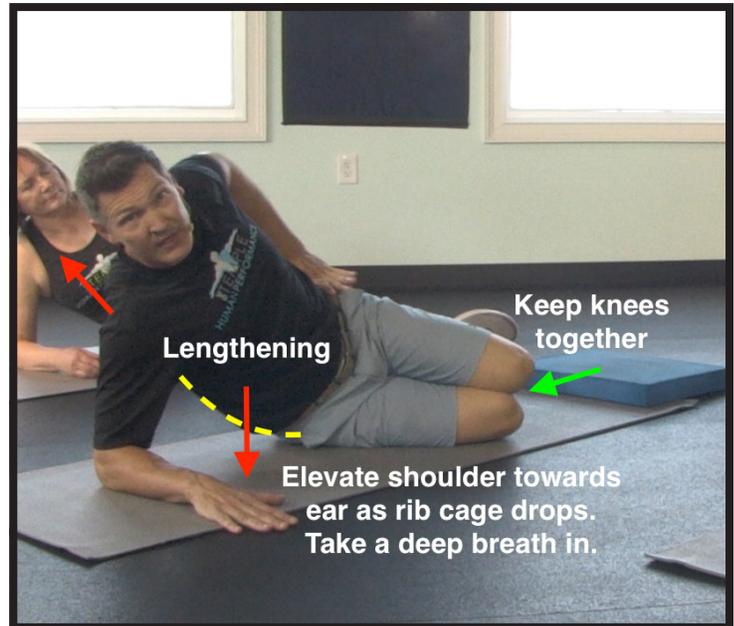
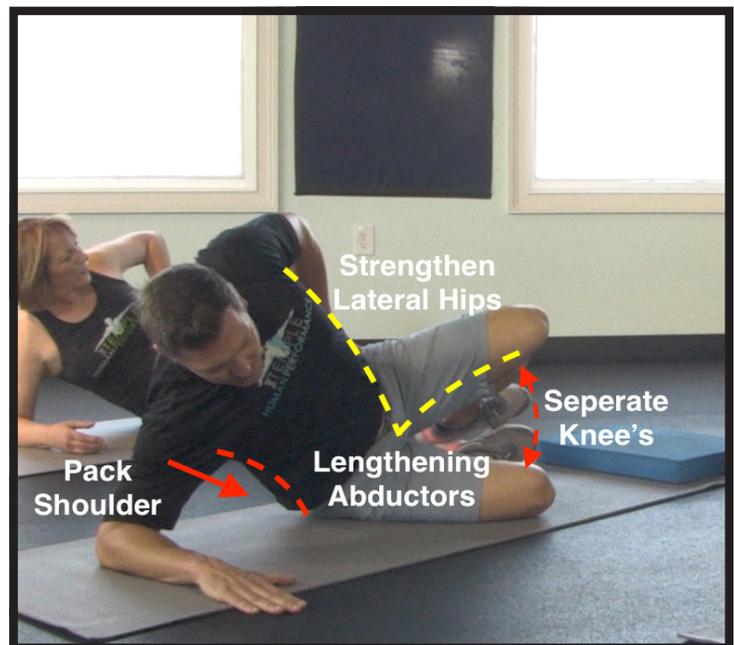


Image B (Technique)



Movement:

Action: SI Joint Glide

Image C: Lying on your side with hips flexed and arms/hands stacked straight in front of the chest. Now, slide your top hand and knee together anteriorly, this movement is known as a SI Pelvic Joint Glide, and creates gapping of the sacroiliac joint (excellent movement for those with hip pain).

Image D: After 4 SI joint glides, reach your top hand across your body, opposite of your other hand. This movement is used to open and lengthen the chest, ribs, arms, and hands.

While doing the movement from the SI glide into the counter rotation, stop at any point of pain or restrictions in the rib cage or spine, take a deep breathe expanding ribs and spine and then revisit the motion again until you can lie flat with rib cage and arms palms up flat on the floor. This may take a few times, remember stay pain free.

Image C (Movement)

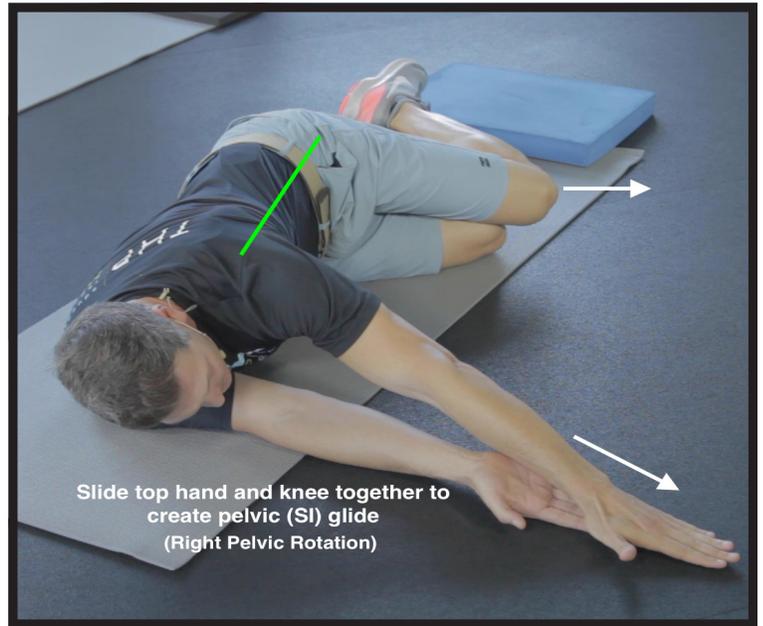
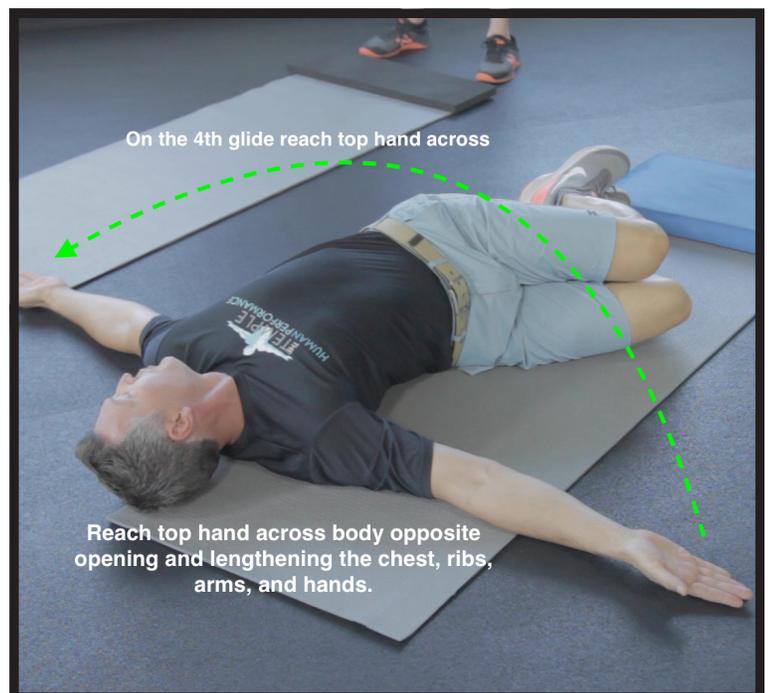


Image D (Movement)



Neuro-Modifier:

Image E: Use Level 1 (Yellow) Knee Band, or tie Level 1 Arm Band around knee's to aid in clam, (whichever is easier for you). The purpose of this exercise is to create additional strength in your lateral hip stabilizers while abducting knee's. (12 - 15 times each side)

Image F: Use a Level 2 (Green) arm or knee band on your knees to increase resistance in lateral hip stabilizers while doing this abduction.

Reps: 12 - 15 per side

Sets: 2 per side

Notes:

Image E (Neuro-Modifier)

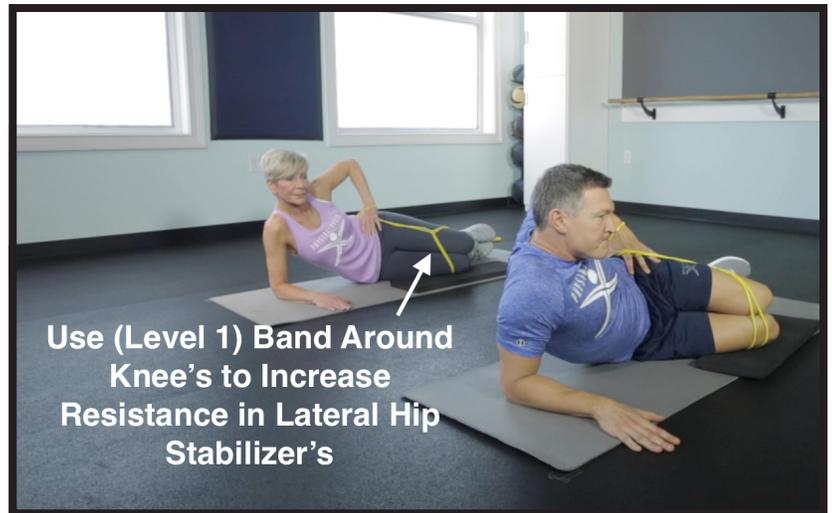


Image F (Neuro-Modifier)



Exercise 6: Modified Push-Up

Materials Needed:

PKT Yoga Mat, PKT Balance Pad, PKT Level 1 or 2 Resistance Bands

Goal:

This is one of the most all-encompassing upper body functional patterns in PhysioKinetix. The purpose of this routine is to strengthen your whole anterior chain—chest, shoulders, arms, hips and back while stabilizing your core and helping to prevent shoulder and back pain. In addition, modified push-ups are a great rehab for back and rotator cuff injuries.

Assessment:

To test for shoulder girdle/core weakness. Try keeping your spine long and your gaze about 6 inches in front of your fingertips. Assess weaknesses in your anterior chain and restrictions in your shoulder girdle.

Technique:

Image A: Start on your belly with hands at chest height and elbows facing up toward the ceiling. As you tighten your abs keep your gaze in front of your fingertips so the neck stays long. For maximum results, make sure the elbows are flexed to at least 90 degrees.

Image B: Bend your knees and push through your hands while lifting the hips and chest off the floor. Try to stay in a straight line from head to knees during press. Then, extend and round your back to separate your shoulder blades, strengthening lower shoulder stabilizers, while lengthening T-spine.

Image A (Start)

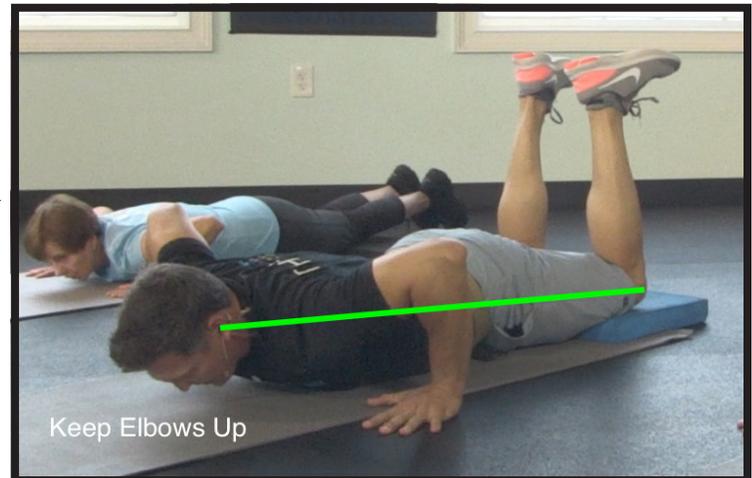


Image B (Technique)

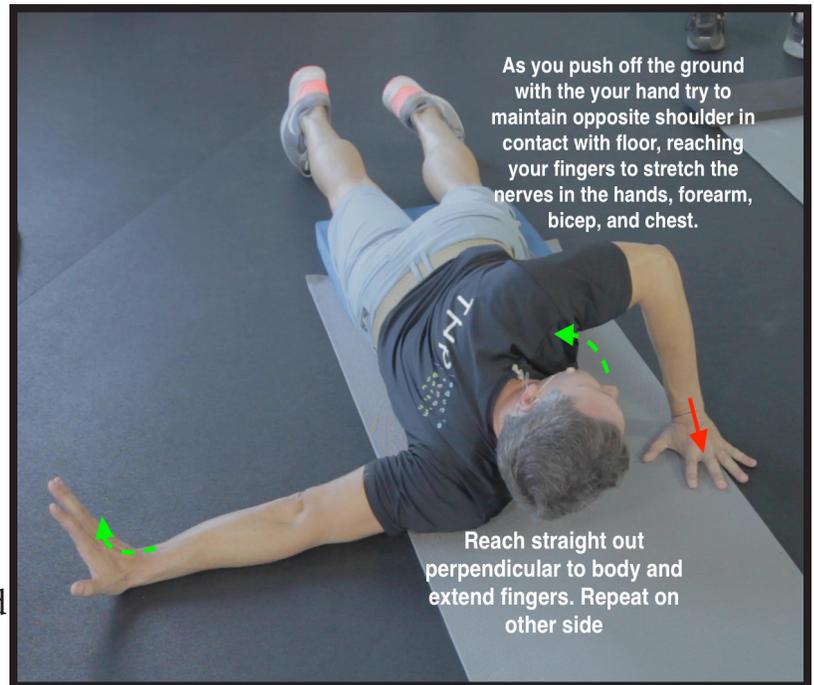


Movement:

Action: Plexus Nerve Glide

Image C: Lying on your belly keep one hand in a push-up position and other hand/arm extended reaching straight out perpendicular to body while extending fingers. Turn your head away while extending wrist and fingers. Rotate head back and forth as you extend fingers. Repeat 5 times for both sides.

Image C (Movement)



Neuro-Modifier:

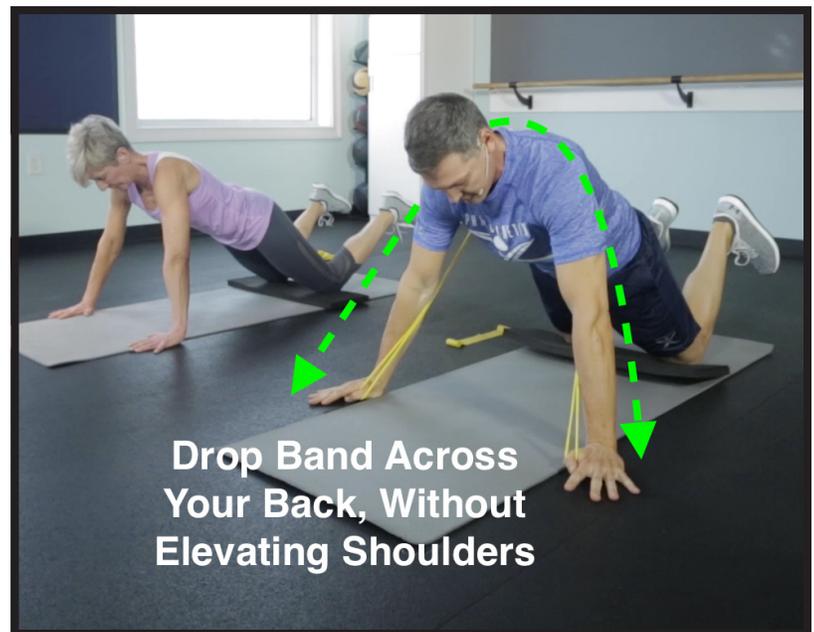
Image D: Drop band across your back and hold in hands. Repeat modifier.

Reps: 12 - 15 per side

Sets: 2 per side

Notes:

Image D (Neuro-Modifier)



ASSESSMENTS

TECHNIQUE 6: Modified Push-Up	
ROM of Shoulder Girdle/ Restrictions	Yes No
Ability to keep spine engaged and gaze in front of fingertips during press	Yes No
Anterior chain weaknesses:	Yes No
ant. Shoulder, Chest	Right Arm Weak 0 1 2 3 Strong Left Arm Weak 0 1 2 3 Strong
CORE strength / Snake up (No Sagging)	Weak 0 1 2 3 Strong
Hip flexors able to provide stability	Yes No
Breathing is Controlled	Yes No
Pain / Discomfort During Technique	Yes No

NOTES

Exercise 7: Crawling Burpees

Materials Needed:

PKT Yoga Mat, PKT Balance Pad

Goal:

To create a pain free and functional way to squat and get on and off the floor. This creates strength, balance, and mobility in your hips, rib cage and upper body. This is the ultimate postural full body technique, so if you're workout time is limited, the burpee should become your best friend.

Assessment:

This valuable training routine exposes postural faults and lack of functional fitness in ankles, hips, thoracic spine, shoulders and neck. Also, shows restrictions in your ability to functionally squat, and your ability to get up and down from the floor in a prone position.

Technique:

Image A: Start standing and reaching tall, hands together palms up to ceiling. Open into an "X" position. Make a large rainbow with your arms. Bring your hands back to your thighs, and then as you slide your arms down the inside of your thighs, rest on your elbows. Make sure to keep center of gravity back in your heels with hips as low as possible.

Image B: Lower yourself slowly into a squat position and reach your hands out one at a time to the floor, making your way into the modified push up position.

Image A (Start)

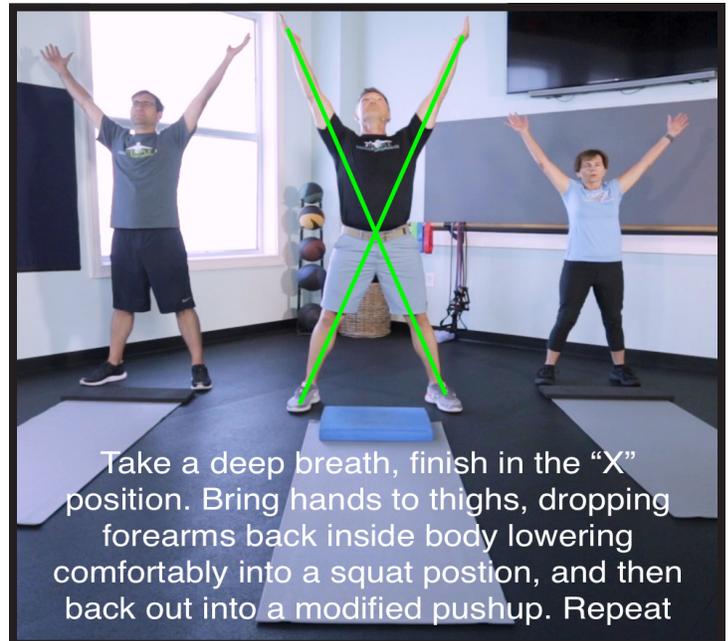


Image B (Technique)



Image C: Keeping knees wide apart, begin crawling forward onto all fours making your way into a modified push up position

Image C (Technique)

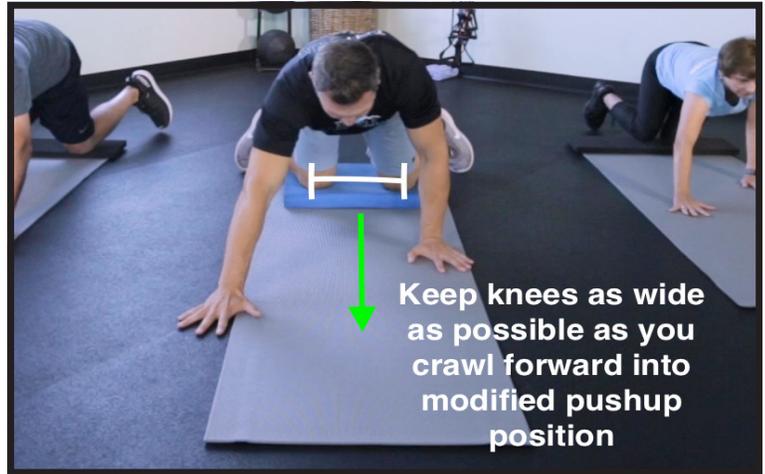


Image D: Slide your arms above you head finishing in a “X” position with arms and legs wide. Now, take a deep breath and engage your toes and knees into the floor. Draw your arms back into the push up position.

Image D (Technique)

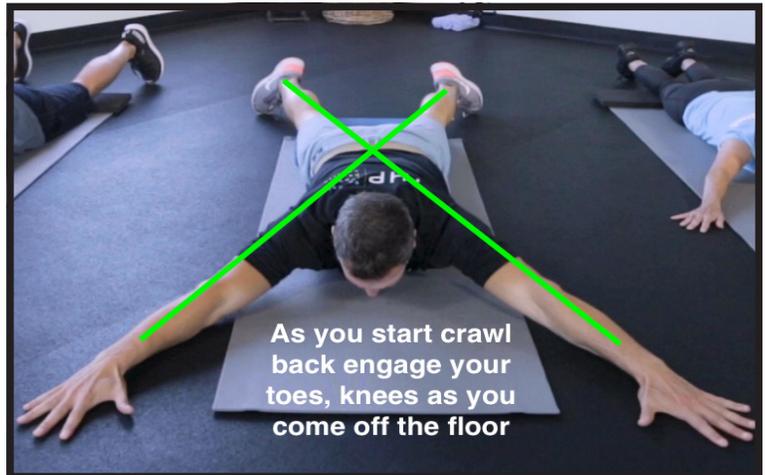


Image E: Push off your hands as you look up lifting your head, chest, and pelvis simultaneously, (Like the start of a cobra stretch). Start to crawl back toward your knees until you are onto all fours, keeping your knees as far apart as possible. Crawl back toward your knees, and eventually push into your heels.

Image E (Technique)

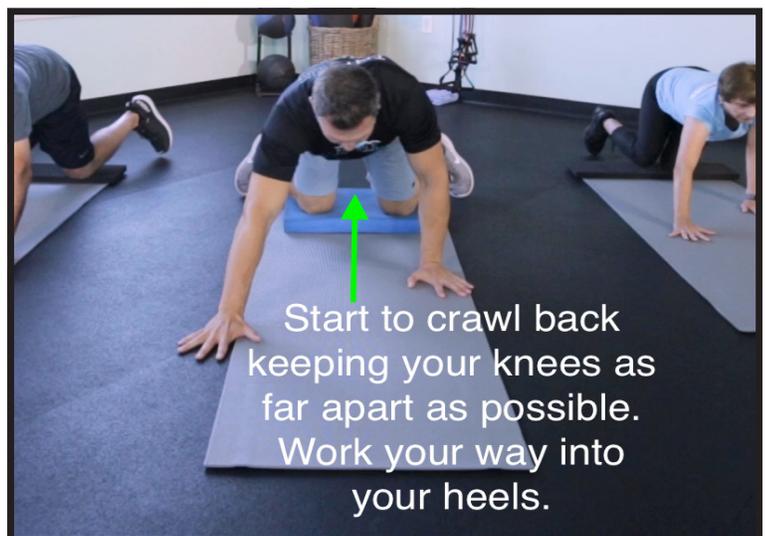


Image F: As you begin to stand up, transition into a squat with your arms on your knees and your legs still far apart. Try to keep your hips as low as possible as you rock back and put your weight into your heels until you feel balanced.

Image G: Stand up by pushing through your entire foot as you lift your chest and reach over your head, looking up and taking another deep breath, finishing standing in the “X” position and reach behind the hips. Repeat.

Reps: 8 Reps

Sets: 2

Notes:

Image F (Technique)

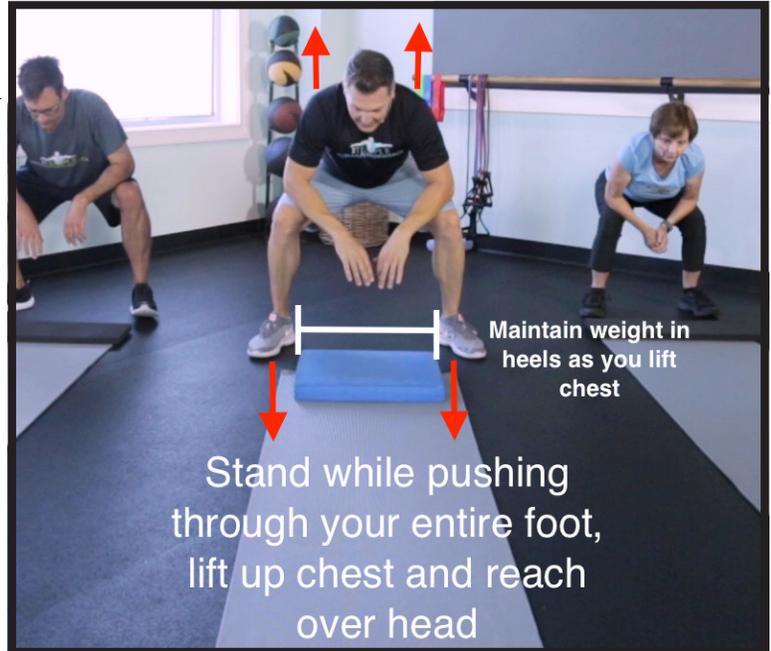
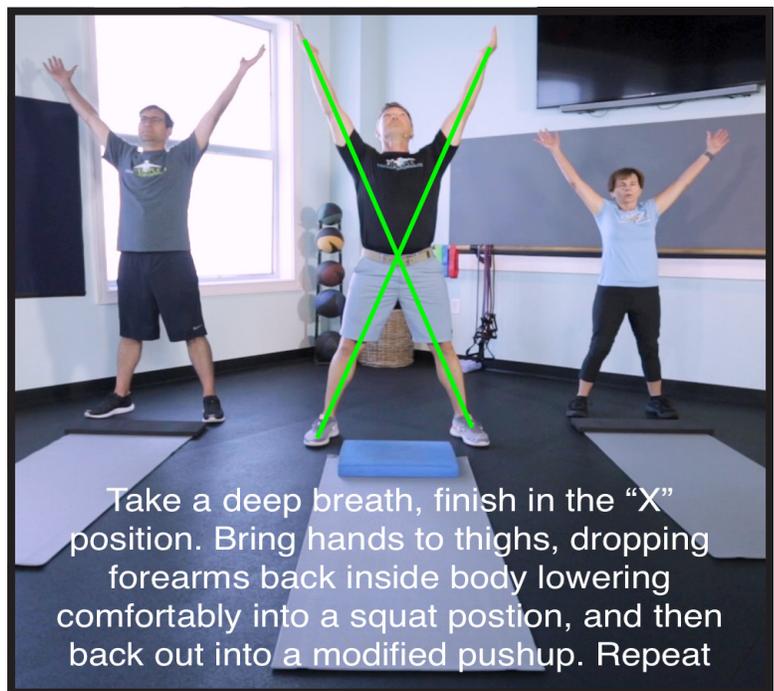


Image G (Technique)



Exercise 8: Isometric Modified Wall Sit (PMRF)

Materials Needed:

PKT Towel

Goal:

The purpose of this powerful brain-based postural technique is to combat slumping, but also, to enhance core strength, hip flexor endurance and shoulder girdle mobility in each individual. Isometric Wall Sits also train the Pons Medulla Reticular Formations (PMRF) of your brain and help work on the reflexive relationships and equilibrium awarenesses in your body.

Assessment:

This is an assessment for those with too much forward head posture, as seen in all Upper Cross Syndrome cases. Wall Sits benefits the brain and spinal proprioceptive reflexes in the body, as they are challenged through improved body awareness. Observe for side-to-side asymmetries and stamina problems during this evaluation.

Technique:

Image A: While standing against wall put a towel/pad behind your head and hold onto it with both hands.

Image B: While keeping your head, shoulder, and hips on the wall, slide down the wall walking away into a semi-squat. Put weight on the entire foot while pressing head, shoulders, hips on the wall. Concentrate on pushing your head into the pad the most while keeping eyes level with the horizon.

Image A (Start)

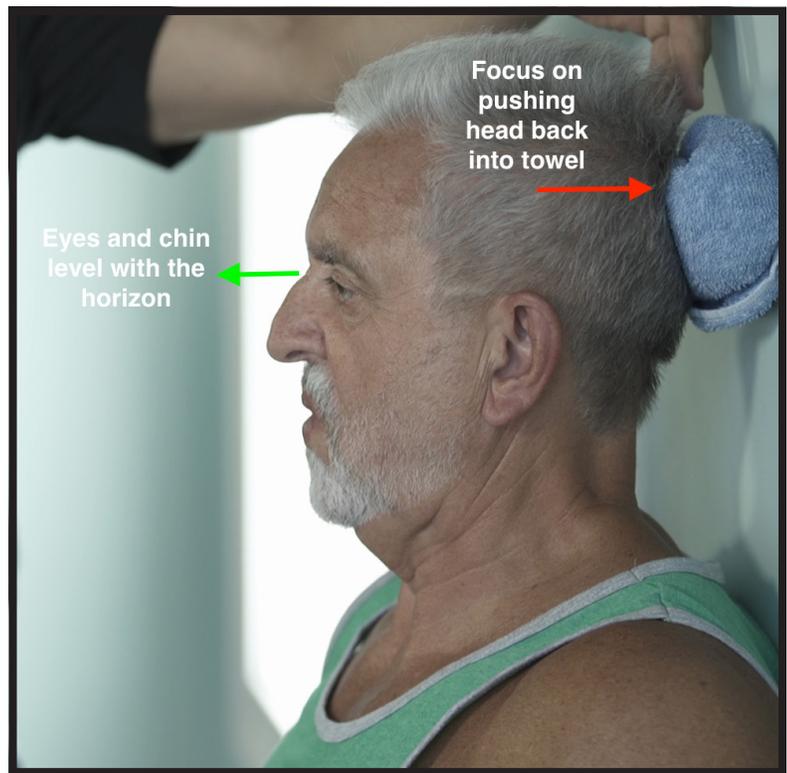


Image B (Technique)



Movement:

Action: Wall-Press

This strengthen the anterior and chain and CORE while teaching your legs to go into extension.

Image C: Place your hands on the outside of towel or pad on wall in front of chest. Step into a small lunge and keep arms straight, maintaining head, chest, and hips vertically. As you press into the wall with straight arms, press your back heel into the floor while moving hips towards the wall. Breath out forcefully as you stretch into the wall, stretching your hips. Try this 10 times.

Neuro-Modifier:

Image D: Use your level 1 or 2 band. Hold band 12 inches apart with both hands in front of chest and spread arms apart holding band across chest as you press your head into the pad in the semi-squatted position.

Reps: 3 at 45 seconds each

Sets: 2

Notes:

Image C (Movement)

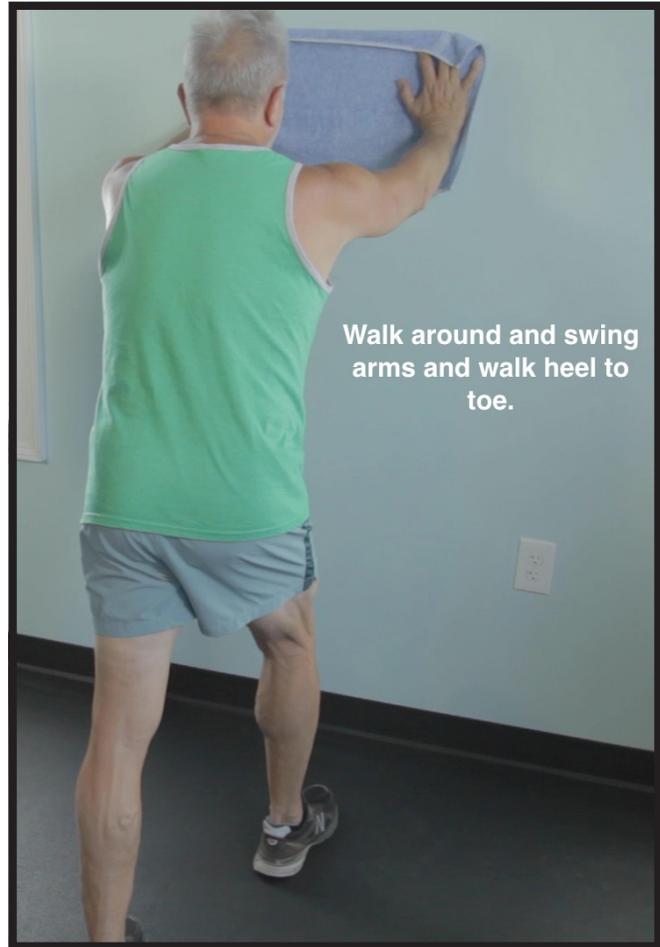


Image D (Neuro-Modifier)



ASSESSMENTS

TECHNIQUE 8: Wall Sit (PMRF)	
Ability to keep eyes and chin level with horizon	Yes No
Able to put Head on wall with eyes level	Yes No
Hips On wall and able to maintain lordosis, or spine on wall during press	Yes No
Back of Hands/wrists on wall with posterior pressure	Yes No
Side-to-side asymmetries	Lateral dev. of head: L or R Elevation of Shoulder: L or R
Neuromuscular Endurance	Seconds: _____ Weak 10 20 30 40 50 60 Strong
Breathing is Controlled	Yes No
Pain / Discomfort During Technique	Yes No

NOTES

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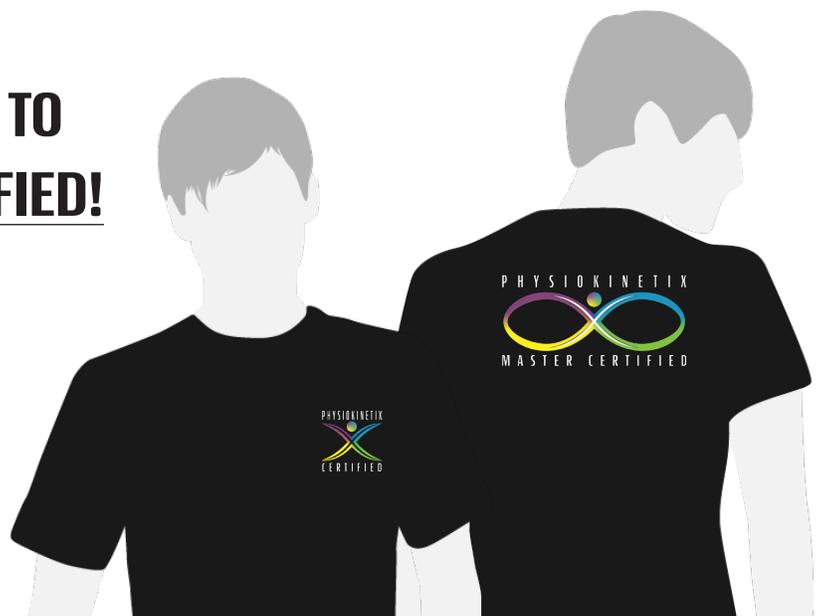
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