



Sponsored by: St. John's Sports Medicine

Saturday, September 25th @ 8-5pm

Sunday, September 26th @ 8:30-12pm

Location: St. John's Sports Medicine

2135 S Fremont

Springfield, MO 65804

This course is the product of years of research and innovation. The philosophy develops exercise programs based on individual movement patterns. It is equally effective in rehabilitation as well as conditioning because it targets the weak link.

Specifically, the Functional Movement Screen is a grading system created to assess and document functional movement patterns. By assessing these patterns, functional limitations and asymmetries are readily identified. Basic movement pattern limitations can reduce the effects of functional training and distort proprioception. The goal of this workshop is to introduce you and your staff to the benefits of utilizing this orthopedic screening process since functional movement patterns are the base for core training. At the heart of the system are the Functional Movement Screen score and the movement patterns, which are directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

For the tentative agenda:

Visit www.functionalmovement.com

FEES AND REGISTRATION

All Healthcare Professionals: \$350

The registration fees include syllabus materials, certificate of attendance, luncheon, and refreshment breaks.

YOU CAN REGISTER:

By Fax: Fax the completed registration form with credit card order (Visa or MasterCard) to St. John's Sports Medicine. FAX 417-820-8735.

By Mail: Send check or money order (payable to St. John's) with the registration form to St. John's Sports Medicine, 2135 S. Fremont, Springfield, MO 65804.

If you have questions regarding your registration, call Erin Williams at 417-820-7990. Confirmation notices will not be sent. You are responsible for ensuring that your registration has been received. If St. John's cancels the conference, a full refund will be issued. The liability of St. John's is limited to the conference fee. Layered clothing is recommended to allow for room temperature variations. Cell phones and pagers must be silenced during the conference.

CONTINUING EDUCATION CREDIT

Functional Movement Screen Inc. is recognized by the NATA Board of Certification, Inc. to offer continuing education.

This conference offers 12 CME/CEUs for AT, PT and CSCS.

Registration Deadline:

Saturday, September 18th, 2010

COURSE OBJECTIVES

- Identifies physical imbalances or weaknesses.
- Rehabilitates imbalances and strengthens weaknesses with simple corrective exercises
- individualize training programs for greater athlete/client results.
- Teaches how to Identify the difference between movement quality and movement quantity.
- Allows athletic trainers, strength and conditioning specialist, personal trainers and physical therapists to identify current injury trends and stats as they relate to the prevention of non-contact injuries.
- Allows attendees to Identify potential cause and effect relationships of micro-trauma as well chronic injuries in relation to movement asymmetries.

MEET THE INSTRUCTOR

Jim Raynor is currently the Executive Director of St. John's Health System's Sports Medicine in Springfield, Missouri. He has been with St. John's Health System for the past 14 years establishing their performance enhancement and primary care sports medicine program. His current responsibility is to lead the St. John's Sports Medicine Department in positioning and development within the sports and medical community of southwest Missouri. His experience includes collegiate, high school, Olympic and clinical settings. His areas of interest include lumbopelvic dysfunction as it relates to stress strain injuries, performance enhancement interventions, functional screening for performance and injury predisposition, tendinopathies, performance enhancement substances, disordered eating practices of athletes, and the integration of sports injury rehabilitation with performance enhancement.



2135 S. Fremont Ave
Springfield, MO
65804

Phone: 417-820-7990
Fax: 417-820-8734
E-mail: erinwilliams@mercy.net

FUNCTIONAL MOVEMENT SCREEN

REGISTRATION FORM

Please Check: AT PT PTA CSCS

Registration Fees: \$350

PLEASE PRINT CLEARLY OR TYPE.

ONE REGISTRATION FORM PER PERSON.

COPY FORM FOR MULTIPLE REGISTRATIONS.



St. John's Co-worker

Employee # if applicable: _____

Name _____

Address _____

City _____ State _____ Zip _____

Day Telephone (_____) _____

E-mail Address _____

Area of Practice _____

◇ Check here if you require special accommodations.

◇ Check Enclosed Payable to: St. John's

Charge To: MasterCard VISA

Card Number _____

Expiration Date _____

Cardholder Name: (please print) _____



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