



14, 15 et 16 février  
2019  
Montpellier



# Pré congrès

Changer le modèle de mouvement pour améliorer la fonction et gérer la douleur récurrente autour de la scapula et de la hanche



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# Masterclass



## Changing movement patterns to improve function and manage recurrent pain around the scapula and hip

### 1. Course description

The main focus of this course is to give clinicians the insight and practical skills to use movement control tests to identify movement control impairments that may activity limitations and participation, symptoms, restrictions, recurrence, risk of injury and risk to performance. Highly specific individual retraining programmes, to change the underlying mechanisms, will be explored and discussed with reference to research. The clinical value of this approach is to allow the building blocks of movement patterns to be assessed and retrained so as to manage the complex and multi-factorial presentations. A robust movement system is fundamental to long term health and the concept of Movement Health will be discussed. This practical workshop will give participants tools, tests and retraining strategies to implement into the clinic following Kinetic Control's Movement Assessment, Clinical Reasoning and Movement Retraining framework.



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## 2. Objectives

Following the course the participant will be

- Familiar with Movement Health concept
- Able to apply with key movement control tests to identify movement impairment of the scapula and hip.
- Clinically reason how these movement control impairments fit with the patient's presentation and goals
- To design and implement an individual retraining programme to change the mechanism of impairment
- Outline a movement assessment and retraining programme based on a clinical reasoning process

## 3. Program

- 9.00 – 10.30: Movement Health – what it is? How does it influence activity limitations and participation, symptoms, restrictions, recurrence, risk of injury and risk to performance. Identifying movement control impairments with movement control tests (lecture)
- 10:30 – 10:45 : Break
- 10:45 – 12.30 Movement Control tests: Scapula (practical)
- 12:30 – 13:30 Lunch
- 13:30 – 15:00 Movement Control tests: Hip (practical)
- 15.00 – 15.30 Changing mechanisms (lecture)
- 15:30 – 15.45 Break
- 15:45 – 17:00 Movement retraining to change mechanisms (practical)
- 17:00– 17.30 Exploring muscle synergies/wrap up



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En tant qu'éducatrice, clinicienne et chercheuse internationale, Sarah Mottram continue à faire des contributions importantes pour le développement du concept de contrôle moteur. Son expertise dans le sport d'élite lui a permis de travailler en étroite collaboration avec des équipes de Premier League anglaise, intégrant l'analyse de mouvement et le réentraînement dans une vision plus large du joueur.

De telles expériences associées à plus de vingt ans de pratique clinique et d'enseignement lui ont permis de se forger un oeil rigoureux dans l'étude de la qualité du mouvement.



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