

Course Instructor

Fawn Coussens, MSPT

Fawn Coussens, MSPT, has been a physical therapist at Movement Systems

Physical Therapy, P.S. since 2004. She received her Masters of Science in Physical Therapy from Regis University in 2001.



Prior to obtaining her degree in physical therapy, Fawn was a personal fitness trainer and graduated in 1994 with a degree in dance and movement physiology from the University of Washington.

With her strong background in dance and movement, Fawn easily incorporated movement training as a pivotal intervention in her physical therapy practice. Fawn brings much enthusiasm to this series—specifically designed to bringing the theories of Movement System Balance (MSB) to providers in the health, wellness, and fitness industries. This is the **fourth** year Fawn has taught this course. She promises to exceed your expectations in learning about the movement system.

For more information about Fawn and the MSB theories, visit our website at:

www.movementsystemspt.com



MOVEMENT
SYSTEMS
PHYSICAL THERAPY - P.S.
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Movement
Systems
Physical
Therapy, P.S.
Presents:

Foundations in
Movement System
Balance



Introductory
Concepts for the
Wellness Industry

Winter/Spring 2008

Our office is located just south
of the University Bridge on
Eastlake Avenue in Seattle

Course description

MSPT presents the 2008 Winter/Spring series of five 3-hour fundamental classes designed to provide advanced knowledge of anatomy, function, biomechanics and injury prevention to exercise providers. While it is recognized that exercise professionals are knowledgeable in many aspects of fitness and wellness, this class series is designed to provide knowledge and techniques pertaining to muscle balance, teach cause & effect relationships of postural faults, as well as assist the exercise professional in identifying and correcting basic movement dysfunction to promote health, wellness, fitness, and injury prevention among their client population. .

Who should attend

Professionals in the health, wellness, and fitness industries, including, but not limited to: personal fitness trainers, athletic trainers; Pilates, yoga, and aerobic instructors.

Course objectives

Upon completion of this series, the participant will be able to:

- Understand the anatomy and function of deep core muscles versus superficial torque producing muscles within and between regions including the shoulder girdle, lumbopelvic-hip complex, and the knee, foot, & ankle.
- Modify current exercise programs to include commonly underused/under-trained muscles.
- Teach exercise technique (strengthening, stretching) with attention to optimal biomechanics and coordinated muscle recruitment within and between regions of the body.
- Screen for basic postural presentations and biomechanical faults that indicate muscle imbalance and faulty recruitment patterns.

Class Schedule—2:00 -5:00PM

1. Core Muscle Training: Foundations of the Inner and Outer Core

January 11 (deadline—December 28)

Anatomy and function of the lumbopelvic inner and outer core ❖ Instruction in training inner and outer core from beginner to advanced levels ❖ Posture screening

2. The Well Balanced Hip & Pelvis

February 8 (deadline—January 25)

Anatomy and function of pelvic-hip complex ❖ Analysis of force couples ❖ Posture screening ❖ Faulty lower quarter movement identification ❖ Instruction in training of commonly underused/under-trained muscles ❖ Demonstration of safe and effective stretching techniques for the region

3. The Well Balanced Shoulder

February 29 (deadline—February 15)

Anatomy of the 3 regions of the shoulder girdle ❖ Analysis of force couples ❖ Posture screening ❖ Faulty upper quarter movement identification. Instruction in training of commonly underused/under-trained muscles ❖ Demonstration of safe and effective stretching techniques for the region

4. The Well Balanced Knee, Foot & Ankle

March 21 (deadline—March 7)

Anatomy and function of muscles spanning the knee, ankle & foot ❖ Posture screening ❖ Faulty movement identification ❖ Instruction in training of commonly underused/under-trained muscles with an emphasis on closed chain drills ❖ Demonstration of safe and effective stretching techniques for the region

5. Dynamic Control of the Lower Quarter

April 11 (deadline—March 28)

Description of ideal and common faulty mechanics of walking, running & cycling ❖ Exercise recommendation to promote balance and minimize injury ❖ Bike fit tips for optimal biomechanics and injury prevention

Advanced Registration is Required. Space is limited so register early!

Registration Deadline: 2 weeks prior to date of scheduled class

Earlybird rate: \$50 After deadline: \$60

SAVE by registering for the entire series. Fee for series due by December 28. Series tuition (pre-pay): \$210

First Name: _____ Last Name: _____ Profession _____ City: _____ Zip: _____

Organization/Facility: _____ Address: _____

Home Phone: () _____ Work/Mobile: () _____ Email: _____

Check enclosed for: \$ _____

Circle class numbers for which you are registering: (1) (2) (3) (4) (5)

Note: Full refund for cancellations 2 weeks prior to scheduled class. After 2 weeks, tuition can be transferred to another class refunded less 20% processing fee.

Payment: Cash, check or credit card. Call in credit card information to (206) 405-1864. Mail or fax registration to

Movement Systems Physical Therapy, P.S. ❖ 3221 Eastlake Ave East, Suite 110, Seattle, WA 98102 ❖ fax (206)405-4376

