

# Decoding Dysfunction:

**A Practical & Functional Approach to  
Difficult Diagnoses (Level 1 Course) 16 CEU's**

## **Sponsor On-Site Classes**

We provide the skill, staff and tools for CE at a discount when you provide the location and participants!

**Lab intensive course that incorporates the process of evaluation and treatment in a comprehensive but manageable format emphasizing the biomechanical chain in a patient centered, total body, tri-planar, & functional method. Find the Cause for dysfunction not just follow the symptoms!**

**Look at patient evaluation and treatment with a different lens. Learn extensive, easy to use and effective patient care techniques!**

**Classes are offered on  
Friday/Saturday OR  
Saturday/Sunday**

**8am-5pm each day  
7:30 registration on Day 1**

## **Course Objectives:**

- Identify 5 anatomical and biomechanical cross relationships which limit success in difficult cases
- Explain the limitations of traditional exercises and protocols
- List and understand the functional chain reaction of gait, identifying four assessment clues to core incompetence and psoas dysfunction
- Describe the role of the psoas as it relates to pain, dysfunction and core competence
- Redefine and refine patient evaluation and treatment using a biomechanical foot-to-head approach
- Develop 5 new treatment techniques to increase expertise in functional retraining and treatment
- Expand effectiveness of patient education by describing 4 pathways that lead to the breakdown of the kinetic chain
- Identify 5 root causes and corrections of common orthopedic conditions

**To discuss scheduling a class at your facility please call!**

## **Questions to:**

Anita Davidson PT, DPT, CAFS  
Founder CREAT  
CEO, Creative Rehab, Inc.

Phone: 847.599.9171

Fax: 847.599.9124

E-mail:

[anitadavidson1@gmail.com](mailto:anitadavidson1@gmail.com)



**Decoding Dysfunction:** : Difficult Diagnoses, the first level course is focused on the lower extremity emphasizing an evidence-based approach to evaluation and treatment of common orthopedic conditions in the lower quadrant that are a result of a breakdown of the kinetic chain. Traditional exercises are generally helpful in about 80% of foot, knee and hip pathologies but what do you do with the other 20%? Anita Davidson PT, DPT, CAFS presents a practical biomechanical approach to restoring pain free function from the foot through the hip/pelvis. By balancing mobility with stability, we can achieve lower quadrant competency and successful outcomes in hard to resolve cases.

The participant will come away with easy-to-use assessment skills, treatment plans, manual techniques and specific tri-plane exercises, which can immediately be incorporated into any clinical repertoire. This dynamic, lab based course will challenge current treatments for "difficult" lower quadrant conditions identifying the cause of pain and dysfunction instead of focusing on the symptoms. Presenting the basis for biomechanical inefficiencies for a wide range of common patient issues in the lower quadrant provides a forum to more efficiently identify and treat the cause far beyond known protocols and current treatment techniques. In this practical course,

### Course Schedule:

#### Day 1

7:30-8:00 Registration  
8:00-8:45 Introduction/Anatomy of the Problem  
8:45-12:00 Function & Kinetic Chain Reaction **(Lab)**  
Muscle loading & function blocking  
The psoas and why we should care  
Functional mobility in posture, ROM  
Gait as posture in motion  
Palpation/accessory Testing  
12:00-1:00 Lunch  
1:00-4:00 Redefining the Patient Evaluation **(Lab)**  
Challenging the status quo  
Posture from foot to head  
Gait as a key to function  
Cross functional relationships  
4:00-5:00 The foot bone is connected to the head bone

#### Day 2

8:00-12:00 Developing Core Competence **(Lab)**  
Models, Books & Bands  
Joint mobilization and the kinetic chain  
Psoas release & inhibition  
11:15-12:00 Myofascial Freedom **(Lab)**  
12:00-1:00 Lunch  
1:00-3:00 Functional Retraining & Treatment **(Lab)**  
It's all about the butt!  
Belly dancing as gait training?  
3:00-4:00 Exercise & Treatment Modification **(Lab)**  
The complex becomes the simple  
Building on success  
4:00-4:30 Tying it all together...  
Connecting the chain to capture the last 20%  
4:30-5:00 Summary/Questions/Wrap-up

### Presenter Bio

Anita Davidson PT, DPT, CAFS has been actively involved in providing educational programs for over 30 years for both corporate and professional audiences. She has been an invited speaker for university and college programs for physical therapists and athletic trainers. In addition, she has developed and presented several physical therapy association programs on various topics related to function. Her dedication to working with the "difficult" patient has provided an excellent opportunity to achieve successful outcomes and outstanding patient satisfaction. Her focus on identifying the root cause dysfunction and has refined her skills at restoring function. Anita believes that we can learn something from each patient and enthusiastically shares this knowledge with her professional peers.

Anita is the President/CEO of Creative Rehab, Inc., Center for Sports, Wellness & Rehab ([www.creativerehab.net](http://www.creativerehab.net)) and the founder of CREAT, Creative Research & Education. ([www.creatpt.com](http://www.creatpt.com)) In addition to her educational seminars, she is actively involved in clinical research through the generous participation of her patients. She is a graduate of Indiana University with a BS in Physical Therapy and her Doctor of Physical Therapy from Rosalind Franklin University of Medicine and Science.

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