

RICHARD JACKSON SEMINARS

COURSE OBJECTIVES

FUNCTIONAL RELATIONSHIPS OF THE LOWER HALF

Upon completion of the three day course, the student will:

I. Understand and appreciate:

1. The dynamic working of the separate units of the lower half as a single functional unit.
2. The need for considering functional relationships when assessing the more common syndromes and dysfunctions seen daily in practice.
3. Normal and abnormal skeletal alignment in three planes.
4. The need for treating causes of pain rather than painful symptoms.

II. Be able to define and discuss:

1. The three planes of the body.
2. The functional interrelationships of the separate joints of the lower half (T7 to the foot).
3. The triplane rotations and counter rotations that occur at each body part.
4. The importance of triplanar rotations and counter rotations to efficient gait.
5. The gait cycle and components of same. (Kinematic, Kinetic and Tempo-Spatial)
6. Normal and abnormal kinetics of gait and its effects on the lower chain.
7. The anatomy, osteokinematics, and myokinematics of each joint of the lower half.
8. The causes and effects of quadrant length differences.

III. Be able to:

1. Evaluate the joints of the lower half statically and dynamically for normal and abnormal function and describe their functional interdependence.
2. Evaluate the lower half for soft tissue dysfunction.
3. Evaluate lower half for skeletal malalignment.
4. Evaluate gait patterns.
5. Predict common compensations for dysfunction found in evaluation.
6. Outline appropriate treatment programs consisting of soft tissue and joint mobilizations and exercise.
7. Prescribe orthotics and shoe modifications to treat dysfunctions found in evaluation.