



Clinical Flexibility and Therapeutic Exercise™

Kinesiology for Manual Therapies

Sept.25-26, 9-4pm Sat; 9-3pm Sun.

NCBTMB Approved

Total CEUs 11 hours

with Timothy Agnew

This course is based on the textbook **Kinesiology for Manual Therapies** (McGraw Hill), written by Timothy Agnew and Nancy Dail. This course will provide a close anatomical look at each major joint of the body, and will introduce students to specific, concentrated manual therapy exercises as a modality, all of which follow the body's natural kinesthetic movements. *Clinical Flexibility and Therapeutic Exercise (CFTE)* is a modality that utilizes the body's natural movements to help restore muscle and movement function. While it involves assessment, muscle testing, and other clinical protocols, in its simplest form it is a method of specifically stretching and strengthening the body in a clinical setting. Part of its effectiveness lies in the specific aspects of treatment, something that is lacking in the current health care system. CFTE utilizes every direction a muscle can move a joint: flexion, extension, rotation, etc., and first restores range of motion very quickly. The strengthening component offers specific isolation of muscles to better challenge them for strengthening, and focuses on restoring imbalances within the body. Both open and closed kinetic chain exercises will be demonstrated, as well as the proper exercise protocol

for patient home care. The use of physio balls are also incorporated into the treatment, and is always recommended to the patient for self-care. From a learning standpoint for students, CFTE offers a different approach to learning muscle attachments and actions because it is the study of functional anatomy, kinesiology in its truest form. This course consists of visual and hands-on clinic, where students will learn to apply demonstrated techniques to a partner. No sheets or oils are required, but comfortable clothing is a must. A therapy table is necessary for both days of this course. It is not necessary for the student to have the textbook for this course, yet a good anatomy book will be helpful.

Course Features:

- Really understand functional anatomy
- Solid treatment plans for common injuries
- Learn specific open and closed chain resistance exercises that work
- New, powerful clinical techniques to use on Monday morning

The Instructor

Timothy Agnew completed the ATC (Athletic Trainer Certified) course requirements under the guidance of Barry University in Miami, and finished the program at the University of South Florida. He has presented his work to regional conferences and schools, and is co-writer of the textbook **Structural Kinesiology** (McGraw Hill). He has spent the last fifteen years studying biomechanics as it relates to human movement, outlined in his book, *The Dynamic Flexibility Manual: A Safe and Effective Self Stretching Program*, and videos, *CFTE Assisted Flexibility*; *Dynamic Flexibility: A Safe and Effective Self-Stretching Program*. He can be reached at www.stretchme.com.

**Course Fee: \$345 before August 30th;
\$365 after. For more information call
Downeast at 207-832-5531.**

Visa/MasterCard accepted

Space is limited!

