

## ***Perfect Postures Level 2 Certification:*** **Lower Extremity Dysfunction – How the Hip Affects the Knee, Ankle and Foot**

**\$799**

**Save your spot today for only \$400, and pay the remainder of the balance when you arrive for the workshop weekend.**

This 2 –day course will teach you how to properly evaluate and address structural deviations of the hip, knee, foot and ankle through specifically sequenced corrective exercises. We will focus on how a one-joint deviation of the lower extremity can directly affect how the other joints align, function and compensate. You will learn what the 6 most common lower extremity deviations are, the most common compensations that occur in the hips, knees, feet and ankles and how these compensations affect your client. You will also learn how to choose the proper corrective exercise program, feel the effects of each of the programs and how to properly cue each exercise. In addition we will have program progressions for each of the 6 lower extremity deviation programs. You will leave this course with not only an increased knowledge base, but also a new way to assess and help your clients with their hip, knee, foot and ankle dysfunctions. The end result is happy clients and increased referrals.

We are confident this will be one of the most powerful and educational certifications in which you will participate. This amazing opportunity will help you grow professionally and help you expand your business.

### ***Don't Stop at Level 2!***

Continue your Perfect Postures education and work towards becoming a Master Practitioner through all the weekend certification courses:

**Level 1:** Pelvis

**Level 3:** Torso

**Level 4:** Upper Extremity

**Level 5:** Master Perfect Postures Practitioner: Putting It All Together

Through all 5 levels of the certification you will learn that the human body does not function as individual parts, but rather the entire body works together as a complete system.

***To Register Please Call (617) 244-6900***

# Perfect Postures Certification

## Level 2: Lower Extremity Dysfunction: How the Hips Affect the Knee, Ankle and Foot

### Day 1: Introduction to Lower Extremity Dysfunction

#### 9am-10am

##### 1) Level 2 Perfect Postures Certification Expectations

- How to evaluate the hip, knee, foot and ankle
  - Movements
  - Positions
- How each joint (hip, knee, foot and ankle) position can affect the other joints above and below it.
  - How different hip positions can affect the entire lower extremities
  - How different knee positions can affect the hip, foot and ankle
  - How different positions of the foot and ankle can affect the hip and knee
- Choosing the proper posture category for your client
  - Learn the corrective exercise programs for each category
- Bringing it back to the pelvis: How do the pelvis, hip, knee, ankle and foot all function together?
  - What are the typical lower extremity compensatory postures based on pelvic deviations?
  - What are the typical pelvic compensatory postures based on lower extremity joint deviations?

#### 10am-11am

##### 2) Joint Movements and Positions

- Hip
- Knee
- Ankle
- Foot

**Day 1: Introduction (continued...)**

**11am-12pm**

**3) Posture Evaluations of the Lower Extremity**

- Locating the proper landmarks
- The 6 Lower Extremity Postural Categories
  - Internal rotation of the hip
  - External rotation of the hip
  - Valgus Knee
  - Varus Knee
  - Knee Flexion
  - Foot abduction with subtalar pronation
- Charting your findings

**12pm-12:45pm - LUNCH**

**12:45pm-2:15pm**

**4) Compensatory positions of the lower extremity**

- Hip affecting the knee, foot and ankle
- Knee affecting the hip, foot and ankle
- Foot and ankle affecting the knee and hip

**2:15pm-2:25pm - Break**

**2:25pm-4:15pm**

**5) Practical**

- Evaluate each other
- What postural category do you fall in?

**6) Bringing it back to the pelvis**

- How pelvic deviations affect the hip
- How pelvic deviations affect the knee
- How pelvic deviations affect the foot and ankle

**4:30pm-5pm**

**7) Discussion**

- Q and A

## **Day 2: Postural Categories, Corrective Exercise Programs, Practical & Written Exam**

### **9am-12pm**

#### **1) Review the 6 Lower Extremity Postural Categories**

#### **2) Corrective Exercises for each category**

- Proper execution of each exercise
- Purpose of each exercise
- Proper Sequencing – What is the significance of this?
- Proper Cueing
- Exercise modifications
  - What to do if your client experiences pain while performing the exercises

### **12pm-12:45pm - LUNCH**

### **12:45pm-2:35pm**

#### **3) Practical**

- Experience the exercises
  - You are the client
  - You are the trainer

### **2:35pm-2:45pm - Break**

### **2:45pm-4pm**

#### **4) Written Exam**

- Multiple choice
- Essay

### **4pm-5pm**

#### **4) Practical Exam**

- Postural and lower extremity evaluation
  - Must locate key landmarks
  - Chart findings
- Choose the appropriate category

**Day 2: Postural Categories, Corrective Exercise Programs, Practical & Written Exam (continued...)**

**To become a Level 2 Perfect Postures Practitioner you must:**

- Pass the written exam
  - To pass you must achieve an 80%
- Pass the practical posture evaluation
  - To pass you must be able to properly evaluate, choose the correct program, and ensure the desired outcome of the program is achieved for 2 out of 3 people.
- Be a member of the Perfect Postures Education Website