

## Kinetic Control Modular Courses Information

### Introduction

What if your patient experiences difficulty in bending forward, freely turning their neck, sitting or standing for long periods, feels discomfort in their knee while walking or running and athletic performance has been compromised due to aches and pain?

As a clinician, the ability to identify the correspondence between "function" and "movement" with uncontrolled movement that results from pain with the use of movement training to improve musculoskeletal issues is paramount. In clinical practice, there are many factors that can alter an individual's movement pattern, making clinical presentations complicated. When each individual has different movement patterns, how do clinicians determine which specific movements are most closely related to a particular site or direction of dysfunction, and decide on appropriate interventions?

In addition to addressing structural damage in treating individuals, "**Kinetic Control - Movement Solutions**" is dedicated to providing clinicians with a comprehensive approach to **diagnosing and treating the source of pain – "movement."** This approach recognizes the significance of understanding and addressing movement issues in order to provide optimal solutions for individuals.

### What is Kinetic Control (KC)?

Kinetic Control, also known as KC, was established 25 years ago by an Australian physiotherapist **Mark Comerford** and a British physiotherapist **Dr. Sarah Mottram**. It focuses on movement health with its unique clinical framework and techniques.

#### **KC enables clinicians to:**

- **Understand the mechanisms behind "movement" - Uncontrolled Movement,**
- **Integrate movement into their practice**
- **Address the MOST challenging issue of "recurrence" for most individuals.**

KC explores the **correspondences to different body parts, plus multiple factors affecting movement**, as well as the **complex interactions between muscles synergies**. By targeting the key mechanisms that influence movement, KC provides a standardized assessment method for clinicians to diagnose movement dysfunctions with properly designed movement-based treatment/training strategies.

In addition to the movement solutions that are structured under KC framework, clinicians can also **combine with the existing clinical treatment techniques** such as manual joint mobilization, soft tissue treatment, neurodynamics, and taping, etc. Furthermore, KC offers evidence-based exercise education methods that promote movement efficiency to an individual in a **"move-free, pain free"** way.

In summary, KC represents an integrative approach that strikes a balance between evidence-based practice, clinical assessment, and individualized exercise prescriptions with expected treatment outcomes. If you are interested in gaining a deeper understanding of human movement, KC is undoubtedly one of the best courses for you.

### **Modular Course - Brief Information**

The modular courses are specifically designed to help clinicians deliver targeted movement retraining to successfully manage each patient's pain, pathology and compromised function of the low back and hip.

The main focus of this course is to give clinicians the tools and enhanced skillset to use targeted movement retraining to change the mechanisms of movement control impairments related to pain, pathology and compromised function of the low back and hip.

It supports all clinicians' desired outcomes for their patients through the identification and management of the movement impairment associated with their current low back or hip issue.

### **Coordination Efficiency - Low Back and Hip**

Learning outcomes:

- Evaluate and diagnose movement and identify client specific movement impairments
- Deliver targeted movement retraining to alter the key mechanisms associated to their patients' low back and hip pain or dysfunction
- Operate within a structured clinical reasoning framework to help patients achieve their outcomes
- Apply practical interventions derived from contemporary research underpinning the principles of movement evaluation and retraining decision making

### **Muscle Synergies - Low Back and Hip**

Learning outcomes:

- Demonstrate the skills allowing them to change patients' movement through the assessment and retraining of muscle synergies.
- Relate muscle synergy recruitment patterns to pain, recurrence and compromised function.
- Demonstrate an ability to assess and retrain muscle synergy efficiency.
- Demonstrate the ability to assess for loss of extensibility and aberrant recruitment substitutions of dominant synergists.

- Display options for movement retraining in addition to acquiring the ability to match the level of retraining to your patient's abilities and goals.
- Operate within a structured clinical reasoning framework to help patients achieve their outcomes.

For details please read the **official prospectus** published by Comera Movement Science. They have been uploaded to the Association's website for your easy access.

### **Targets**

This is designed for medical and healthcare professionals, including medical doctors, traditional Chinese medicine doctors, sports therapists, physiotherapists, occupational therapists, chiropractors and osteopaths, etc.

In exceptional circumstances experienced non-medical health professionals may be allowed to attend Kinetic Control courses but these participants **MUST** be able demonstrate that the course material is within their scope of practice.

### **Eligibility**

- Category A - Registered Members and Students Members of STAoHK;
- Category B - Medical and Allied Health Members of STAoHK;
- Category B - Professional Members of STAoHK;
- Any qualified professionals/students mentioned above but non-members of STAoHK can enroll too.

### **Dates**

Coordination Efficiency - Lower Back and Hip: 14-15/6/2024

Muscle Synergies - Lower Back and Hip: 16-17/6/2024

### **Time**

0930-1630

### **Venue**

Sports Therapy Centre, N319, 3/F  
Technological of Higher Education Institute(THEi),  
133 Shing Tai Road, Chai Wan, Hong Kong.

## **Fees**

### **Single module**

Members - \$4000 per module per person

Non-members - \$5500 per module per person

### **Both modules**

Members - \$7000 for both modules per person(Less \$1000)

Non-members - \$10000 for both modules per person(Less \$1000)

Course fees included:

- Lecturer cost;
- Course materials;
- Certificate;
- Refreshments.

## **Lecturer**

Ms. Tina Lin Wei Hsuen 林維萱 - Registered Physiotherapist(Taiwan)

Kinetic Control Accredited Tutor(KCAT)

Kinetic Control Movement Therapist(KCMT)

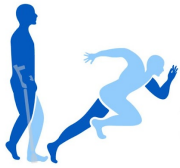
Details of lecturer profile: <https://www.comeramovementscience.co.uk/team/tina-lin>

## **Enrollment**

Please fill out the form and pay the fee by the link: <https://forms.gle/e1iwvdmrP1QgTWTXA>

## **Award**

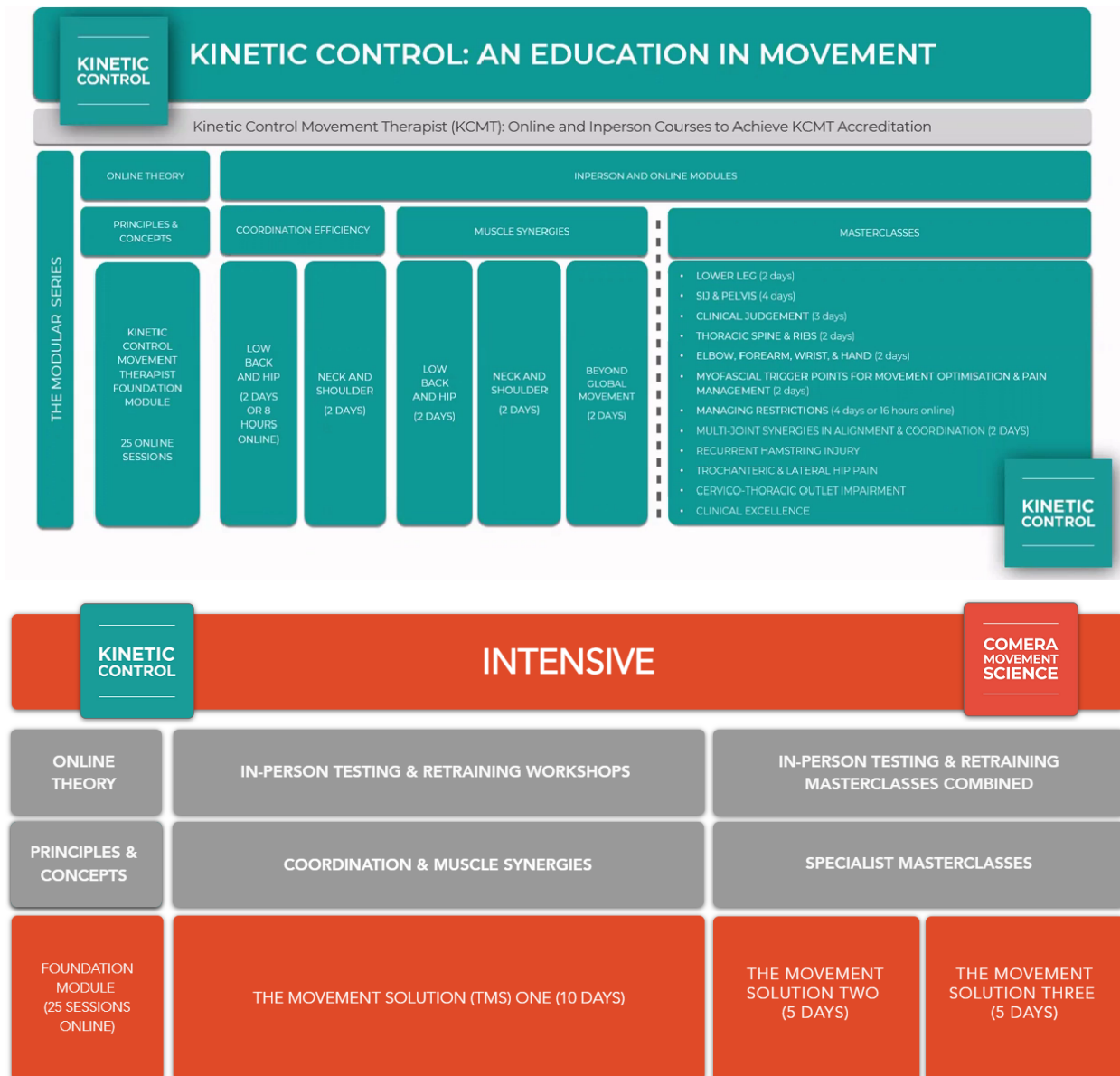
- Certificate of Completion awarded by Comera Movement Science .
- 16 CPD hours per module for STAoHK Category A Members;
- **Registered Members** will automatically cover under the professional indemnity insurance after completion of the course;
- **Students Members** MUST apply the techniques under supervision of a qualified practitioner according to the insurance clause;
- **Medical and Allied Health Members** please refer to your insurance policy that is proposed by the relevant professional body;
- CPD for Hong Kong Physiotherapy Association - Pending;
- CPD for Hong Kong Registered Occupational Therapists - Pending.

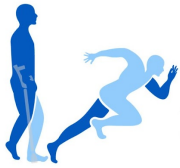


## **Become a Kinetic Control Movement Therapist (KCMT)**

As a way of recognising those who complete the full Kinetic Control education journey, we introduced the “Kinetic Control Movement Therapist” (KCMT) accreditation.

As a KCMT, you are a recognised practitioner of the principles and practices of Kinetic Control. If you are interested in becoming a KCMT, you can achieve this through one of the two routes - modular and intensive. Explained below:





香港運動治療師總會  
SPORTS THERAPISTS ASSOCIATION OF HONG KONG

P.O Box 60214  
HONG KONG SAR, CHINA

[www.staohk.org](http://www.staohk.org)

[enquiry@staohk.org](mailto:enquiry@staohk.org)

Society reg no.CP/LIC/SO/19/64869

### **Useful Links**

Official website of Kinetic Control:

<https://www.comeramovementscience.co.uk/kinetic-control>

Official website of Coordination Efficiency Module:

<https://store.comeragroup.co.uk/product/coordination-efficiency-to-optimize-movement-retraining-for-the-low-back-and-hip/>

Official website of Muscle Synergies Module:

<https://store.comeragroup.co.uk/product/muscle-synergies-low-back-hip/>