



INSTITUTE FOR ATHLETE REGENERATION

DAY 1 - SMTC	Time
Course Introduction	8:00 – 8:15a
Manual Therapy Theory & Current Concepts	8:15 – 9:30a
Lumbar & SIJ Functional Biomechanics Lumbar & SIJ Evaluation Concepts	9:30a – 10:30a
Lumbar & SIJ Manual Therapy	10:30 – 12:00p
Lunch	12:00 – 1:00p
Cervical & Thoracic Functional Biomechanics Cervical & Thoracic Evaluation Concepts	1:00 – 2:30p
Cervical & Thoracic Manual Therapy	2:30 – 5:00p
DAY 2 - SMTC	
Hip Movement Dysfunctions & Evaluation	8:00 – 9:00a
Hip Manual Therapy	9:00 – 10:00a
Knee Movement Dysfunctions & Evaluation	10:00 – 11:00a
Knee Manual Therapy	11:00 – 12:00p
Lunch	12:00 – 1:00p
Ankle Manual Therapy	1:00 – 2:30p
Shoulder Movement Dysfunctions & Evaluation	2:30 – 3:30p
Shoulder Manual Therapy	3:30 – 5:00p

***Times subject to change based on number of participants and practice variations**