

The Programme

Day one, you will

- Learn the reflexes that control proprioception
- Learn the receptors that provide proprioceptive feedback
- Learn how proprioception regulates muscle tone
- Assess the latest research linking proprioception to joint injury and arthritis, osteoporosis and hip fracture.
- See dozens of video case histories illustrating the power of proprioception in your practice.
- 5 tests that will tell you nearly everything you need to know about your client's proprioception.
- Research linking proprioception to fatigue and depression
- The 15 most common causes of proprioceptive interference, how to find them and how to treat them.

Day two will cover

- More specific testing for lumbar and cervical disc lesions
- Specific testing of knees, ankles, shoulders, wrists and elbows.
- The prevention and treatment of musculoskeletal injury.
- Dental proprioceptive insult and what to do about it.
- A closer look at the research about proprioception
- Specific exercises and treatments for more complicated cases.
- How proprioception affects nutrition and digestion
- How to use proprioception to assess nutritional deficiencies and chemical toxicity

Day Three is specifically for practitioners of manipulation

An interactive workshop for practitioners who have attended days one and two or who have completed one hundred hours of basic Applied Kinesiology

- Specific assessments and treatment for spinal disorders
- Assessment and treatment of all extremities
- Management of common and difficult conditions
- Proprioceptive assessment of organ function
- Integration into practice.