

LIVE COACHING PROGRAM SYLLABUS

LIVE CLASSES

Classes are held online in an interactive Zoom classroom format. Lectures are approximately 1-1.5 hours in length.

PROGRAM STARTS (SATURDAY NOVEMBER 7TH, 10AM EST)

MONDAY COACHING CALL (NOVEMBER 9TH, 4PM EST)

MUSCULOSKELETAL I (NOVEMBER 12TH, 4PM EST)

- Understanding and Applying: Basic Biomechanical Principles
- Understanding and Applying: Advanced Joint Mechanics
- Exercise/Stretch Principles: Basic Exercise Principles
- Exercise/Stretch Principles: Advanced Exercise Principles

MUSCULOSKELETAL II (NOVEMBER 14TH, 10AM EST)

- NPTE Musculoskeletal Application: Spinal Assessment & Intervention
- Exercise/Stretch Principles: Foundational Concepts
- NPTE Musculoskeletal Application: Advanced Orthopedic Pathologies

MONDAY COACHING CALL (NOVEMBER 16TH, 4PM EST)

MUSCULOSKELETAL III (TUESDAY, NOV 17TH, 4PM EST)

- Differentiating Common Shoulder Pathologies
- How To Solve Any Type Of NPTE Intervention Question

**(PERSONAL CALENDAR COMPLETION & SELF STUDY/
ON DEMAND) (NOVEMBER 18TH - 22ND)**

MONDAY COACHING CALL (NOVEMBER 23RD, 4PM EST)

2020

LIVE CLASSES

NEUROMUSCULAR I (TUESDAY, NOV 24TH, 4PM EST)

- Brain Lobe & Hemisphere Function and Pathophysiology
- Understanding, Assessing, & Treating A Stroke (CVA)
- Brunnstrom Staging and Synergy Patterns

NEUROMUSCULAR II (THURSDAY, NOV 26TH, 4PM EST)

- SCI Functional Outcomes & ASIA Scale
- How To Use The ASIA Scale Appropriately

MONDAY COACHING CALL (NOVEMBER 30TH, 4PM EST)

CARDIOPULMONARY I (THURSDAY, DEC 3RD, 4PM EST)

- Cardiac Rehabilitation
- Precautions/Contraindications

CARDIOPULMONARY II (SATURDAY DEC 5TH, 10AM EST)

- Cardiac Anatomy/Physiology
- Congestive Heart Failure

MONDAY COACHING CALL (DECEMBER 7TH, 4PM EST)

OTHER SYSTEMS I (DECEMBER 10TH, 4PM EST)

- Diabetes Mellitus Examination, Evaluation & Intervention
- Sensory Testing

LYMPHATICS & INTEGUMENT (DEC 12TH, 10AM EST)

- Lymphatics Review

2020

LIVE CLASSES

MONDAY COACHING CALL (DECEMBER 14TH, 4PM EST)

MUSCULOSKELETAL IV (DECEMBER 17TH, 4PM EST)

- Foot biomechanics
- Foot Deformities (Valgus/Varus)
- Wedging/Posting

MUSCULOSKELETAL V (DECEMBER 19TH, 10AM EST)

- Musculoskeletal Based Surgical Protocols
- Rotator cuff repair
- ACL reconstruction

MONDAY COACHING CALL (DECEMBER 21ST, 4PM EST)

(SELF-STUDY/ON DEMAND (DEC 22ND - 27TH))

MONDAY COACHING CALL (DECEMBER 28TH, 4PM EST)

(NO CLASS - DECEMBER 31ST, 2020)

NEUROMUSCULAR III (JANUARY 2ND, 10AM EST)

- Amyotrophic Lateral Sclerosis Examination, Differential Diagnosis, & Treatment

MONDAY COACHING CALL (JANUARY 4TH, 4PM EST)

NEUROMUSCULAR IV (JANUARY 7TH, 4PM EST)

- Vestibular Examination, Evaluation & Rehabilitation

2021

LIVE CLASSES

GAIT I (JANUARY 9TH, 10AM EST)

- Introduction to Gait Biomechanics, Kinetics, & Gait Principles

MONDAY COACHING CALL (JANUARY 11TH, 4PM EST)

CARDIOPULMONARY III (TUESDAY, JAN 12TH, 4PM EST)

- Cystic Fibrosis & Chronic Obstructive Pulmonary Conditions

GAIT II (THURSDAY, JANUARY 14TH, 4PM EST)

- Amputee & Non-Amputee Pathological Gait

HUSTLE WEEK (JANUARY 18TH - 24TH)

1. Monday Coaching Call (4PM EST)
2. Tuesday: Power Call Day - Decision Day
3. Wednesday Night: Test Strategy Training (4PM EST)
4. Thursday Jeopardy: A Review Of Concepts (4PM EST)
5. Friday: Celebrate Your WINS In The Facebook Group
6. Saturday: Movie Day!

MONDAY COACHING CALL (JANUARY 25TH, 4PM EST)

- Coach K Talk: Burn the Ships

DOMINATION DATE (JANUARY 26TH)

2021

PRE RECORDED

1. Hyperthyroidism vs. Hypothyroidism
2. Applying Postural Drainage Clinically
3. Understanding & Treating Myasthenia Gravis
4. Understanding Arterial Blood Gases
5. Introduction to Sensitivity & Specificity
6. Identifying Visceral Pain Referral Patterns
7. Advanced Use of Modalities I (Iontophoresis)
8. Introduction to ECG Reading, Interpretation, & Decision Making
9. Understanding And Applying Exercise Tolerance Testing (ETT)
10. Wheelchair Prescription, Ramps, & ADA requirements
11. Understanding and Treating: Ulcers
12. Understanding & Treating: Multiple Sclerosis
13. Understanding & Treating: Guillain Barre
14. Understanding & Treating: Parkinson's Disease
15. Introduction to Electrolyte Dysfunction
16. Understanding & Treating: PNF Patterns
17. Understanding & Treating: Cardiopulmonary Pathologies
18. Introduction to: Spinal and Sensory Tracts
19. Understanding The C.T.S.I.B
20. Understanding & Assessing Lower Extremity Biomechanics
21. Aquatic Therapy & Physiologic Principles
22. Cardiopulmonary Resuscitation
23. ACSM Exercise Prescription For Common Populations
24. Understanding & Identifying Heart Sounds
25. Research I: Hypotheses, Alpha, Beta, Power, Errors, Statistical Testing
26. Infection Control
27. Pelvic Floor & Women's Health
28. Ultrasound Principles
29. Integrated Neuro: Pediatric Milestones, Reflexes, & Decision Making
30. Integrated Neuro: Introduction To Motor Learning
31. Understanding & Treating: Traumatic Brain Injury
32. Physical Therapy Ethics & PT Responsibilities
33. Understanding and Treating V: TMJ Dysfunction
34. NPTE Decision-Making V: Ankle Sprains, Fractures, & Imaging
35. Understanding And Applying: Russian Electrical Stimulation
36. Understanding and Treating: Arterial vs Venous Insufficiency Conditions, Wounds, Testing & Treatment

2021

PRE RECORDED

37. Neuromuscular Forearm Pathologies
38. Understanding Scapular Stabilizers & Innervations
39. Understanding & Treating Scapular Dysfunctions
40. Differentiating UMN & LMN Signs & Symptoms
41. Understanding & Treating Autonomic Dysreflexia
42. How To Treat A Stroke Incorporating Brunnstrom Staging
43. Demystifying Nerve Conductive Velocity Testing
44. Stretching Principles For Neurologic Patients
45. Treating With Biofeedback On The NPTE
46. Understanding & Treating Cushing's Disease
47. Proper Positioning For Cardiopulmonary Patients
48. Understanding Hypertonia and Hypotonia
49. Understanding The Baroreceptor Reflex
50. Normal & Abnormal Responses To Exercise
51. Understanding & Treating Using The McKenzie Protocol
52. What is Diastolic Vs Systolic & How Does It Relate To Ejection Fraction
53. How To Learn & Retain Large Surgical Protocols
54. What You Need To Know About Flexor Tendon Repair
55. Biomechanics & Examination Related To Scoliosis
56. Understanding & Assessing Normal Vs. Abnormal Breath Sounds
57. Intraclass Coorelation Coefficient & How To Read Graphs
58. What Are The Best Practice Exams To Take
59. Eccentric & Concentric Muscle Activity For Common Activities
60. Cervical, Thoracic, & Lumbar Spine Mechanics
61. How To Categorize Arrhythmias
62. How To Mobilize When A Patient Has A Closed Chain Restriction
63. How To Differentiate CNS, PNS, & Nerve Root Lesions
64. What Are Facilitated Muscles & What Are The Best Ways To Treat Them
65. Everything You Need To Know For Seizures
66. Understanding Cardiac Medications
67. Understanding & Applying Reverse Muscle Actions
68. Physical Therapy Ethics & PT Responsibilities
69. Understanding Diabetes Insipidus & Ketoacidosis
70. Understanding Electromyography
71. NPTE Exercise Physiology & The Cardiovascular System
72. Advanced lumbar pathologies & treatment
73. Understanding Biofeedback
74. Pulmonary Function Tests & Lung Volumes

2021

PRE RECORDED

- 75. Prescribing The Best Orthotic (AFOs, SAFOs, KAFOs, HKAFOs, RGO)
- 76. Understanding and Applying: Pregnancy Considerations for the PT
- 77. Types of Debridement and Pulsed Lavage
- 78. Topical Agents
- 79. Critical Clinical Prediction Rules
- 80. Interferential Current (IFC) & TENS
- 81. Understanding The Top Tested Cranial Nerves
- 82. Selecting The Best Pulmonary Interventions
- 83. Slipped Capital Femoral Epiphysis vs Legg Calve Perthes Disease
- 84. Hypo vs Hyperparathyroidism
- 85. Rheumtoid Arthritis vs. Osteoarthritis
- 86. Rotator cuff tears
- 87. High Altitudes & Cardiopulmonary Consequences
- 88. Atelectasis vs. Pneumothorax
- 89. Maitland and Kaltenborn Mobilizations

2021