



“Every pathway from the brain leads eventually to a muscle.”

– Charles Sherrington

PART 1

MODULE 1

INTRODUCTION TO POSTURAL RECALIBRATION



COURSE OUTLINE

- 1) THE POSTURAL SYSTEM
- 2) NEUROMECHANICS VS BIOMECHANICS
 - A. FRONTAL LOBE, SPORTS PERFORMANCE AND INJURY
 - B. POSTURE AND DOPAMINE
 - C. ASCENDING + DESCENDING TRACTS
 - D. CONSCIOUS PROPRIOCEPTION
 - E. UNCONSCIOUS PROPRIOCEPTION
 - F. VESTIBULOSPINAL
 - G. RETICULOSPINAL
- 3) THE BRAIN MUSCLE CONNECTION
 - A. THE SENSORY RECEPTORS
 - B. THE FEET
 - C. THE EYES
- 4) THE POSTURAL ASSESSMENT
 - A. THE 3 PLANES OF SPACE (SAGITTAL, FRONTAL, TRANSVERSE)
 - B. ASSOCIATED TESTS

MODULE 2

SPORTS VISION



COURSE OUTLINE

- 1) LED LENGTH DISCREPANCY (LLD)
 - A. STRUCTURAL
 - B. ASSESSMENT TOOLS AND PARAMETERS
- 2) SPORTS VISION
 - A. DEPTH PERCEPTION
 - B. EYE DOMINANCE
 - C. EYE MOVEMENT DISORDERS
 - D. FRONTAL EYE FIELD AND REACTION TIME
- 3) THE JAW
 - A. STRENGTH
 - B. CAUSES OF MOUTH BREATHING
 - C. HOW TO RESTORE NASAL BREATHING
 - D. CLENCHING AND FOWARD HEAD POSTURE
 - E. THE JAW AND PERFORMANCE
- 4) POSTURE AND STRESS
- 5) SUMMARY OF THE ASSESSMENT
- 6) MARKETING



PART 2

MODULE 3

THE OBSTACLES TO POSTURAL RECALIBRATION

COURSE OUTLINE

- 1) REVIEW OF THE POSTURAL ASSESSEMENT
- 2) CLINICAL CASES
- 3) THE DIFFERENT POSTURAL PROFILES
 - A. ACTIVATION OF THE POSTERIOR CHAIN
 - B. ROUNDED SHOULDERS
- 4) BLOCKAGES
 - A. FIRST RIB
 - B. COCCYX
 - C. FIBULA
5. ADVANCED SPORTS VISION
 - A. VESTIBULAR TRAINING
 - B. VOR
 - C. SACCADES
6. THE PMRF AND WHY IT MATTERS
- 7) REVIEW

MODULE 4

POSTURAL NEURO MECHANICS

COURSE OUTLINE

- 1) MOTOR PATTERNS
 - A. THE MIDBRAIN
 - B. THE FRONTAL LOBE
 - C. THE TEMPORAL LOBE
 - D. THE PARIETAL LOBE
 - E. THE OCCIPITAL LOBE
 - F. TESTS FOR EACH AREA OF THE BRAIN
- 2) DEVELOPMENTAL STAGES
- 3) PRIMITIVE REFLEXES
 - A. THE CEREBELLUM
 - B. BASAL GANGLIA
- 4) EMOTIONS AND POSTURE
 - A. EMOTIONAL BRAIN
 - B. LIMBIC SYSTEM
 - C. MOTOR SYSTEM
- 5) NEUROPHYSIOLOGY OF THE FOOT
- 6) LEFT BRAIN VS RIGHT BRAIN
- 7) SESSION BY SESSION BREAKDOWN



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THE OBSTACLES TO POSTURAL RECALIBRATION

> MODULE 4

POSTURAL NEUROMECHANICS

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