



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

– Charles Sherrington

# MODULE 1

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## INTRODUCTION TO POSTURAL RECALIBRATION

- 1) THE POSTUREPRO METHOD
- 2) NEUROMECHANICS VS BIOMECHANICS
- 3) THE DEVELOPMENT OF MOTOR CONTROL
- 4) THE BRAIN-MUSCLE CONNECTION
  - A. BRAIN IMBALANCES
  - B. PRIMITIVE REFLEXES INTRO
  - C. POSTURE AND SPORTS PERFORMANCE
  - B. INJURY PREVENTION
  - C. NEUROLOGICAL PATHWAYS OF MOVEMENT
  - D. ASCENDING + DESCENDING TRACTS
  - E. CONSCIOUS PROPRIOCEPTION
  - F. UNCONSCIOUS PROPRIOCEPTION
- 5) THE SENSORY RECEPTORS
  - A. THE FEET AND POSTURE
  - B. THE EYES AND POSTURE
- 6) THE POSTURAL ASSESSMENT
  - A. THE 3 PLANES OF SPACE (SAGITTAL, FRONTAL, TRANSVERSE)
  - B. ASSOCIATED TESTS
  - C. NEUROLOGICAL TESTS
- 7) MASTERING THE POSTUREPRO ADVANTAGE



# MODULE 2

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## LEG LENGTH DISCREPANCY AND THE JAW

- 1) LEG 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. CAUSES OF MOUTH BREATHING
  - B. HOW TO RESTORE NASAL BREATHING
  - C. FOWARD HEAD POSTURE
  - D. HOW TO FIX ROUNDED SHOULDERS
- 4) POSTURE AND STRESS
- 5) SUMMARY OF THE ASSESSMENT
- 6) DISCUSSION ON THE IMPORTANCE OF TEETH / JAW FOR POSTURAL ALIGNMENT AND ATHLETIC PERFORMANCE



# MODULE 3

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## THE OBSTACLES TO POSTURAL RECALIBRATION

- 1) REVIEW OF THE POSTURAL ASSESSEMENT
- 2) HOW TO INTEGRATE CORRECTIVE PROTOCOLS INTO YOUR PROGRAM DESIGN TO MAXIMIZE RESULTS
- 3) THE DIFFERENT POSTURAL PROFILES
  - A. ACTIVATION OF THE POSTERIOR CHAIN
  - B. PROTOCOLS TO FIX ROUNDE SHOULDERS
  - C. FORWARD HEAD POSTRUE
- 4) POSTURAL BLOCKAGES
  - A. FIRST RIB
  - B. COCCYX
  - C. FIBULA
5. ADVANCED SPORTS VISION
  - A. VESTIBULAR TRAINING
  - B. THE ROLE OF THE CEREBELLUM IN THE QUALITY OF MOVEMENT
  - C. SACCADDES
6. INCREASED STRENGTH AND SPEED, REDUCED RISK OF INJURY
- 7) REVIEW





# MODULE 4

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## NEUROLOGY OF MOVEMENT

- 1) TESTING PRIMARY MOTOR PATTERNS TO IMPROVE PROPRIOCEPTION
- 2) DEVELOPMENTAL STAGES
- 3) PRIMITIVE REFLEXES
- 4) POLYVAGAL THEORY
- 5) EXERCISES FOR MOTOR PATTERNS  
(DESCRIPTION OF THE KEY EXERCISES AND THE POSTURAL GOAL OF EACH)
- 6) EMOTIONS AND POSTURE
  - A. EMOTIONAL BRAIN
  - B. LIMBIC SYSTEM
- 7) NEUROPHYSIOLOGY OF THE FOOT
- 8) LEFT BRAIN VS RIGHT BRAIN
- 9) SESSION BY SESSION BREAKDOWN



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INTRODUCTION TO  
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THE OBSTACLES TO POSTURAL  
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> MODULE 4

NEUROLOGY OF MOVEMENT

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