NMM/OMM Educational Day
“Movement and Exercise as an Adjunct to Manual Medicine”

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Date: Friday, May 17, 2013
Location: MSU OMM Lab (E-106), East Lansing, MI

**Agenda:**

8:30 - 9:00 am  Breakfast & Registration

9:00 - 9:30 am  Theoretical Causes of Muscle Imbalances

9:30 - 10:00 am  Dysfunctional Hip Extension Firing Patterns

10:00 - 10:15 am  Break

10:15 - 11:15 am  Addressing Faulty Hip Extension Firing Patterns

11:15 - 12:00 pm  Observing and Addressing Faulty Hip Abduction Firing Patterns

12:00 - 1:00 pm  LUNCH/Journal Club – E-105 Fee Hall

1:00 - 2:00 pm  Pelvic Clocks – Assessment and Treatment

2:00 - 3:00 pm  Identification of Faulty Movement Patterns in the UQ

3:00 – 3:15 pm  Break

3:15 – 4:15 pm  Manual Therapy Treatment of the Upper Quarter

4:15 – 5:00 pm  Selected Home Exercises for the Upper Quarter

The next educational conference will be “LPB” on Friday, June 7, 2013 in E-106 Fee Hall in East Lansing, Michigan.