

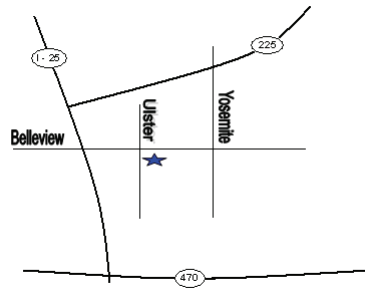
Program Information

Date:

Saturday June 6, 2009
8:00a.m.- 4:00p.m.
Sunday June 7, 2009
8:00 a.m.-4:00 p.m.

Location:

Steadman Hawkins Clinic – Denver
8200 E. Belleview Ave. Suite 615
Greenwood Village, CO 80111



Cost:

Lower quadrant \$350 (\$275 Students)
Class space is limited to 40 participants

Enrollment:

Credit card payment accepted by phone

- Mike Allen: (303)547-7063
 - Loren Ladow: (720)217-7913
- Mail in Registration with Check Made Payable to IMS

Registration:

7:30 to 8:00 on June 6, 2009

Approved CEU Providers:

- NATABOC 16 CEUs Provider # P3301
- NSCA 1.5 CEUs 15 hours



Sponsored by
Steadman Hawkins Clinic
- Denver -

Integrated Movement Solutions

**Multidisciplinary Approach to
Rehabilitation and
Sports Performance
for the Lower Quadrant**

Steadman Hawkins Clinic Denver

8200 E. Belleview Ave., Suite 615
Greenwood, Village, CO 80111



Steadman Hawkins Clinic Physical Therapy & Sports Performance



"Through the expertise of Loren and Mike, I have not only been able to prolong my career, but I have also been allowed to take my game to another level physically and mentally"

-Bo Scaife

About The Course

A combined twenty five years of experience in physical therapy and sports performance training has painstakingly gone into creating this material into a format that can be quickly and easily implemented into any physical therapy clinic, athletic training room or sports performance center.

An integrated relationship of Physician, Physical Therapist and Performance Coach, creates the most effective and efficient delivery system to provide athletes and patients with optimal results.



"Working with Loren Landow and Mike Allen prolonged my career five years, I can't think of a stronger testament for the programming than that!"

- Chad Brown

Course Benefits

- Develop a comprehensive and sequential phase 1-4 treatment approach for optimal results
- Medical Professionals-increase your knowledge of phase 3 & 4 rehabilitation
- Strength coaches and personal trainers—open new referral & employment opportunities with an increase knowledge of rehab/post-rehab progressions

This is a research based practical curriculum (25% lecture & 75% practical) created specifically for PT's, ATC's, strength and conditioning coaches, DC's , MD's. Participants will learn all facets of the **Performance Pyramid** including:

- Biomechanical breakdown of functional movement
- Four quadrant treatment approach
- Isolated screening evaluation
- Integrated movement screening
- Basic and Advanced mat series
- Principles of alignment and joint stacking
- Transitional keys through the four phases of rehabilitation
- Controlled movement series
- Advanced movement series
- Plyometric progressions
- Liner, lateral and multidirectional progressions
- Running progressions and cardiovascular development



About The Presenters

Mike Allen, MSPT, ATC, CSCS Director of Physical Therapy

Mike has been director of rehabilitation services at the Steadman Hawkins Clinic-Denver since 1995. He received his master's degree in physical therapy from Wichita State University and has worked with thousands of athletes at all levels and sports. Mike received his Athletic Training Certification while working with the Denver Broncos and he has been a member of the Colorado Rockies medical staff since 2000.

Loren Landow, CSCS, USAW, MAT Director of Sports Performance

Loren Landow is highly sought after for his ability to analyze and correct biomechanics. He has trained thousands of athletes of all ages and abilities, including over 200 professional athletes in the NFL, MLB, NHL, WNBA , and Olympians. Coach Landow has been a National and International presenter for the leading organizations in the performance field.