



Lower Quarter Functional Restoration Workshop

Separate Yourself, Bridge The Gap

Workshop Outline

DAY 1

- 8:00-9:00 Welcome and Overview
Introduction to Methodology
- 9:00-9:30 Foundational Assessment
- 9:30-9:45 BREAK
- 9:45- 10:45 Prehab/Pillar Strength Concepts (lab)
- 10:45-11:15 Movement Prep
- 11:15-12:15 Movement Prep for the Lower Quarter (lab)
- 12:15-1:15 LUNCH
- 1:15-2:15 Nutrition Methodology
- 2:15-3:00 Plyometric Application
- 3:00-3:15 BREAK
- 3:15-4:00 Plyometric Applications for the Lower Quarter (lab)
- 4:00-5:00 Resistance Training

DAY 2

- 8:00-9:00 Resistance Training Application for the Lower Quarter (lab)
- 9:00-9:30 Case Study I
- 9:30-10:15 Advanced Performance Applications for the Lower Quarter (lab)
- 10:15-10:30 BREAK
- 10:30-11:30 Advanced Performance Applications for the Lower Quarter (lab)
- 11:30-12:30 Return to Running
- 12:30-1:30 LUNCH
- 1:30-2:30 Return to Running – Progressions/Milestones (lab)
- 2:30-3:30 Return to Multi-Directional Movement – changes in direction/crossovers/shuffles (lab)
- 3:30-3:45 BREAK
- 3:45-4:45 Planning a Performance Physical Therapy Training Session/Case Study II
- 4:45-5:00 Closing Comments/Website Review/Course Evaluations