



***LIVE EVENT COMING SOON!***

**LISTEN**

More Effectively &  
Use Hands More Efficiently

**TREAT & TRAIN**

with Greater  
Creativity & Adaptability

**EXPAND**

Patient & Clients  
Movement Options

**The Hughston Clinic  
6262 Veterans Parkway  
Columbus, GA 31909**

**September 21-22, 2024**

**HELPING YOU BECOME THE GO-TO MOVEMENT PROFESSIONAL**



[www.grayinstitute.com](http://www.grayinstitute.com)



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## CREATE INDIVIDUALIZED TREATMENT & TRAINING WITH A SYSTEM OF ASSESSMENT AND TREATMENT FOR THE SOFT TISSUE COMPLEX.

### OVERVIEW

Most conventional movement education doesn't offer a comprehensive breakdown of the foot and ankle. Consequently, we often have to make educated guesses without understanding the true nature of the dysfunction, or how it influences and is influenced by the rest of the body. This course examines how the feet and ankles are the foundation of the body and expands our understanding of the biomechanics of the foot and ankle so we can successfully identify, assess, treat, and train people suffering from pain, dysfunction, and other injuries.

By examining the foot and ankle through the lens of Applied Functional Science®, you'll see how gravity, ground reaction force, and mass & momentum can positively impact your work in treatment and training. You'll also gain a deeper understanding of how the body moves as a Chain Reaction®, and see how connected the foot and ankle are with dysfunction in other parts of the body. More importantly, you'll learn how to tweak your treatment and training so it's more relevant to the lives of Your patients and clients.

### YOU WILL LEARN

- Applied Functional Science® (AFS) Principles, Strategies, Techniques (PST) Process
- Functional Movement Spectrum
- Physical, Biological, and Behavioral Drivers
- Anatomy Review
- AFS Nomenclature
- Chain Reaction® Biomechanics
- Functional Assessment: 3DMAPS
- Tweakology
- Functional Manual Reaction®
- Strategic Environments

### HOW TO ENROLL

To register for this two-day course, visit [www.GrayInstitute.com](http://www.GrayInstitute.com), select the course, and register to attend. Online course access is available to live event attendees for a nominal charge.

### CEUs / CECs

Available online at [GrayInstitute.com](http://GrayInstitute.com)

### FOR MOVEMENT PROFESSIONALS

Foot / Ankle Specialization is designed and created for all professionals in the movement industry, no matter the background or specialty. This course is ideal for analysis, rehabilitation, training, and prevention. This innovative content applies to, but is not limited to, **Physical Therapists, Physical Therapy Assistants, Personal Trainers, Strength and Conditioning Coaches, Physicians, Chiropractors, Athletic Trainers, Osteopaths, Occupational Therapists, Coaches**, and anyone else working in the field of human movement.

