

The Sports Thorax with Dr. Linda-Joy Lee

Connect The Whole Body & Optimize Performance
with ConnectTherapy™ & the Thoracic Ring Approach™

The thorax forms the largest region of the spine and trunk and is essential for respiration while ensuring effective transfer of loads through the kinetic chain for optimal whole body function and performance. Trunk rotation and rotational control are essential for performance in many functional and sports activities. While much "core stability" has focused around the lumbar spine and pelvis, the thorax is the centre of trunk rotation, and all of the abdominal muscles are innervated from the thorax. A dysfunctional thorax can drive asymmetrical abdominal function, making it difficult to achieve symmetry and balanced rotational control no matter what the cues or training activity.

Based on her clinical ideas and research work on the thorax over the past 15 years, Dr. LJ Lee has proposed multiple mechanisms by which a dysfunctional thorax can be the "Primary Driver" for pain and problems anywhere from your head to your toes – including pelvic girdle pain, groin pain / hip impingement, incontinence, disc injuries, lower extremity overuse syndromes such as Achilles tendinopathy, head and neck pain, and shoulder girdle dysfunction. Thus, a patient with a dysfunctional thorax can present with a wide variety of symptoms and functional problems.

On this 4-day course, you will learn the manual skills and clinical reasoning framework of the Thoracic Ring Approach™ and ConnectTherapy™ to determine when the thorax is or is not the primary driver for pain or reduced performance during whole body movements. These skills provide the base to examine the thoracic rings across a wide variety of meaningful tasks. Specific thoracic ring treatment techniques developed by LJ will be practiced, along with specific exercise prescription and program design for optimal neuromuscular control and loading of the thoracic rings. This 4-day version of the course allows more time for hands-on skill practice and more in-depth application of LJ's new phases of treatment and exercise prescription to progress to high load function and activities requiring control with speed.



Course Details:

Date:	November 15-18, 2017
Location:	Auckland University of Technology North Shore Campus 90 Akoranga Drive Northcote, Auckland, 0627 New Zealand
Cost:	\$1,500.00 NZD (inclusive) Morning tea and lunch provided
Register:	www.ljlee.ca

About Dr. Linda-Joy (LJ) Lee

PhD, BSc, BSc(PT), FCAMPT, MCPA, MAPA

Dr. LJ Lee is recognized internationally as a skilled educator, clinician & researcher. She is the creator of ConnectTherapy™ and the innovative Thoracic Ring Approach™ to assess and train the integrated function of the thoracic spine-ribcage complex.

Inspired by connectedness throughout the body, LJ is known for her unique way of looking at total body function, integrating specific manual assessment into functional, meaningful task assessment, and retraining optimal strategies for movement and performance with prescriptive exercise programs. *Finding the Driver* and *Meaningful Task Analysis* are key developments from LJ's Thoracic Ring Approach that became part of *The Integrated Systems Model* (ISM, Lee & Lee), and LJ's ConnectTherapy model.

In addition to mentoring her clinical team and seeing patients at Synergy Physiotherapy (North Vancouver, Canada), LJ is an Associate Editor for the BJSM, an Honorary Senior Fellow at The University of Melbourne, an Assistant Clinical Professor (Adjunct) at McMaster University (Hamilton, Ontario, Canada) and an Associate Member of the Centre for Hip Health & Mobility (Vancouver). She completed her PhD on Motor Control & Kinematics of the Thorax at The University of Queensland.



For more info visit www.ljlee.ca

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