קורס אימונים ואבחון פונקציונלי בשיטה (שלב בסיסי + מתקדם)

Functional Movement Screening & Advanced Corrective Exercise

בנחיית:

דר"פ meshes מרכז, PT, DPT, PhD

יקוד

 darm מדריך ספורט, מדריך גזע, מנהל פיזיותרפיה

אמנים ריצה סבבלת, מדריך גזע, תנועה, מנהל פיזיותרפיה

www.activix.co.il  •  info@activix.co.il  • _entity:072-2501440, 072-2447332
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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</thead>
<tbody>
<tr>
<td>30 min.</td>
<td>60 min</td>
<td>60 min</td>
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<tr>
<td>Level 1 Registration</td>
<td>Exercise Philosophy &amp; Exercise Discussion – cont….</td>
<td>Primitive Pattern Correctives</td>
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<tr>
<td>15 min</td>
<td>60 min</td>
<td>60 min</td>
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<tr>
<td>Welcome and Introduction</td>
<td>Lab: FMS Screening</td>
<td>Functional Pattern Correctives</td>
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<tr>
<td>60 min</td>
<td>30 min</td>
<td>60 min</td>
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<tr>
<td>Philosophy and Background of FMS</td>
<td>Review FMS Screen and Discussion</td>
<td>Case Studies and Discussion</td>
</tr>
<tr>
<td>120 min</td>
<td>60 min</td>
<td>30 min</td>
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<tr>
<td>FMS Scoring Criteria and Discussion</td>
<td>Lunch</td>
<td>Lunch Break</td>
</tr>
<tr>
<td>60 min</td>
<td>60 min</td>
<td>90 min</td>
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<tr>
<td>Lunch Break</td>
<td>Active Straight Leg Raise Correctives</td>
<td>Questions &amp; Answers</td>
</tr>
<tr>
<td>45 min</td>
<td>120 min</td>
<td>30 min</td>
</tr>
<tr>
<td>FMS Scoring Criteria and Discussion – cont….</td>
<td>Functional Pattern Correctives</td>
<td>Case Studies and Discussion</td>
</tr>
<tr>
<td>60 min</td>
<td>30 min</td>
<td>30 min</td>
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<tr>
<td>Lab: Group Screening</td>
<td>Case Studies and Discussion</td>
<td>Questions &amp; Answers</td>
</tr>
<tr>
<td>60 min</td>
<td>60 min</td>
<td>30 min</td>
</tr>
<tr>
<td>Scoring Analysis and Interpretation of Scores</td>
<td>Lunch</td>
<td>Questions &amp; Answers</td>
</tr>
<tr>
<td>75 min</td>
<td>60 min</td>
<td>90 min</td>
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<tr>
<td>Corrective Analysis Philosophy &amp; Exercise Discussion</td>
<td>Active Straight Leg Raise Correctives</td>
<td>Case Studies and Discussion</td>
</tr>
<tr>
<td>75 min</td>
<td>60 min</td>
<td>60 min</td>
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**FMS**

This course is 50% theoretical and 50% practical.
Theoretical sessions are held by professionals in the field.

**Course Information**

- **Website**: www.activix.co.il
- **Email**: info@activix.co.il
- **Phone**: 072-2447332, 072-2501440

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REFERENCES


18. Kiesel KB, Plisky PJ, Butler RJ. Fundamental movement limitations and asymmetries relate to injury risk in professional football players. in review.


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**CURRICULUM VITAE**

**Moshe Marko PT, DPT, PhD, MHS, OCS, CSCS**

Education:
- **Doctor of Philosophy (Ph.D.):** Department of Exercise Science/Science Education, Syracuse University, Syracuse, NY. Degree awarded in May 2012
- **Doctor of Physical Therapy (DPT):** Massachusetts General Hospital Institute of Health Professions, Boston, MA. Degree awarded in December, 2008
- **Masters of Health Science (MHS.):** School of Physical Therapy, Washington University-College, St. Louis, Missouri, Health Sciences/Physical Therapy. Degree awarded in August, 1997
- **Bachelor of Physiotherapy (BPT.):** School of Medicine, Department of Physical Therapy, University of Tel-Aviv, Israel. Degree awarded in August, 1990

Certifications:
- **Board Certified Orthopedic Physical Therapy Specialist (OCS):** Certification awarded by the American Physical Therapy Association in June, 2008
- **Board Certified Strength & Conditioning Specialist (CSCS):** Certification awarded by the American National Strength and Conditioning Association (NSCA) in July, 2007
Employment and Positions Held:

- Clinical Assistant Professor, College of Health Professions, Department of Physical Therapy Education, SUNY Upstate Medical University, Syracuse, NY: 2003-Present
- Physical Therapist, Mary Mauro-Bertolo Physical Therapy Services Out-Patient Clinic, Cicero, New-York: 2003-Present
- Graduate Assistant/Teaching Assistant, Syracuse University, School of Education, Department of Exercise Science, Syracuse, NY: 2002-2003
- Assistant Professor of Physical Therapy, Division of Health and Human Studies, Department of Physical Therapy, Utica College of Syracuse University, Utica, NY: 1998-2001
- Assistant Academic Clinical Coordinator, Utica College of Syracuse University, Utica, NY: 1998–2001
- Physical Therapist, HealthSouth Out-Patient Clinic, Utica, New-York: 1999
- Physical Therapist, Site Coordinator, HealthSouth Out-Patient Clinic, Ellisville, Missouri: 1996-1998
- Physical Therapist, Nursing Home, Delmar Gardens West, St. Louis, Missouri: 1995-1996
- Physical Therapist, Out-Patient Department, Lutheran Medical, Center, St. Louis, Missouri: 1994-1995
- Physical Therapist, Marry Free Bed Hospital, Out-Patient Therapy Center, Grand Rapids, Michigan: 1992-1994
- Physical therapist, Home Health Services, Tel-Aviv, Israel: 1990-1992

Peer Reviewed Publications:

- Marko, M.; Neville, C.; Prince, M.; Ploutz-Snyder, L., Lower Extremity Force Decrementsa Identify Early Mobility Decline Among Community Dwelling Older Adults. Submitted to Physical Therapy Journal on March 13, 2012 – In press

Peer Reviewed Scientific and Professional Presentations:

- “Lower Extremity Muscle Strength is Associated with Modifications of Daily Tasks Among Older Adults ≥65 Years Living Independently in the Community” at physical therapy conference organized by the New York Physical Therapy Association
- “Food for Thought: understanding the role of nutritional concepts in physical therapy practice” at the Physical Therapy Spring Symposium held at SUNY Upstate Medical University in 03/2006.
- “The Scientific Art of Exercise Prescription” at the Physical Therapy Spring
Symposium held at SUNY Upstate Medical University in 03/2005.

Non-Peer Reviewed Presentations:
- Lectures on issues related to wellness & prevention, exercise prescription and physical performance
- Plan and participate in health fairs at SUNY Upstate Medical University
- SUNY Upstate Healthlinks Speaker
- Survival of The Fittest: its all about Healthy Choices: Volunteer speaker at Congregation Bet – Shalom.
- Fit for Life Public Event: Central District NYPTA PT Month activity 2004
- Participated in the Eighteen Annual Charles R. Ross Research Poster Session: 12-02-04. Title: Influence of Isotonic Contraction Velocity on Localized Muscle Activation Pattern and Fatigue
- Participated in the Nineteen Annual Charles R. Ross Research Poster Session: 11-30-05. Title: Sex Differences in Human Muscle Function Following Exercise at Differing Contraction Velocities

Funded/In Review Grant Activity:
- Recipient of the 2009 Research Enhancement Grant – College of Health professions at SUNY Upstate Medical University ($2250)
- Recipient of the 2006 Research Enhancement Grant – College of Health professions at SUNY Upstate Medical University ($2180)
- Recipient of the 2006 School of Education, Creative Research Grant – Syracuse University ($610)
- Recipient of the 2005 School of Education, Creative Research Grant – Syracuse University
- Recipient of the 2003 School of Education, Creative Research Grant – Syracuse University
- Recipient of the 2003 Sydney Young Research Grant – Syracuse University ($500)

Awards:

Membership in Scientific/Professional Organizations: include positions held
- American Physical Therapy Association
- American National Strength & Conditioning Association

Services to the University/College/School on Committees/Councils/Commissions:
- Wellness Committee at SUNY Upstate Medical University - 2005 - 2008
- College of Health Professions Social Committee: 2005 - Current

Continuing Education Attended:
- Selective Functional Movement Assessment Seminar (SFMA): 2012
- Functional Movement Screening Seminars (FMS): 2011
- Motivational Interviewing: 2011
- Proprioceptive Neuromuscular Facilitation (PNF) course: 2010
- American National Conference for Personal Trainers: 2010
- Tactical Strength and Conditioning Conference: 2010
• The International Conference on Strength Training: 2008
• Impaired Patterns of Posture & Function: 2007
• Building the Ultimate Back: From Rehabilitation to High Performance: 2006
• Mechanical Diagnosis and Therapy (i.e. the McKenzie Method®) Parts A, B, C, and D: 2006
• APTA Workshop for New Faculty. Sponsored by the Education Section: 2005
• APTA Florida Chapter Conference for Clinical Educators: 2000
• Central New York Symposium on Exercise Physiology and Sports Medicine: 2002
• Mid-Atlantic Regional Conference of the American College of Sports medicine: 2002
• APTA Combined Section Meeting: 2001
• APTA Florida Chapter Conference for Clinical Educators: 2000
• APTA Workshop for New Faculty. Sponsored by the Education Section: 1999

Current Teaching Responsibilities in the Entry-Level (DPT) and the Transitional (tDPT) Programs at the State University of New York, Syracuse, NY:

• Physical Modalities
• Wellness & Prevention
• Applied Clinical Decision Making
• Movement Analysis
• Patient/Client Management: The Spine
• Physiology of Exercise