

Course Description

This course teaches BioActivationssm techniques and principles applied to the Lower Core. BioActivationssm is a manual therapy method that reduces pain and restores balance and ease of movement. This method achieves this by restoring joint and myofascial mobility and stability throughout the musculoskeletal system. BioActivationssm addresses biomechanical, physiological and psychological mechanisms involved in the organization of human movement.

BioActivationssm is a multi dimensional approach that is effective at preventing, discerning, and treating underlying reasons why injuries present or will not heal. It achieves this by unraveling adaptations in the body. Because the methodology addresses the body and a person as a whole, the changes are Integrated and lasting.

Course Objectives

1. Students will learn how to evaluate and treat osseous and myofascial restrictions affecting movement in the foot, ankle, knee, hip, and pelvis as well as how limitations in one area affect the whole.
2. Students will be able to demonstrate proficiency at surface anatomy for the foot, ankle, knee, hip.
3. Students will learn to discern soft tissue restrictions and fascial lines that affect joint mobility and alignment. These can be located:
 - Directly surrounding the joint
 - Surrounding an adjacent joint
 - In a non-adjacent joint or area of the body
4. Students will learn BioActivationssm techniques that restore static and dynamic alignment, three-dimensional integrity/dimension, and the proper arthrokinematics of all joints in the Lower Core.
5. Students will apply BioActivationssm techniques to isolate stability and mobility in each lower core joint, throughout it's full range of motion.
6. Students will learn how to examine the way forces move through the entire musculoskeletal system, and how they are impacting the primary area of interest throughout a BioActivationssm manual therapy session.
7. Learning BioActivationssm will provide students a roadmap and treatment design that is unique to the needs of each client. This helps the practitioner know where in the body to start a manual therapy session and where to go next within a manual therapy session for the purpose of efficiency and accuracy.
8. Students will see how BioActivationssm improves performance prevents the occurrence or reoccurrence of injuries and by ensuring that movement and alignment is organized and efficient in isolated areas of the body as well as in the entire musculoskeletal system.

Kern-Steiner Inc.



BioActivationssm of the Lower Core
Instructor: Rebecca Kern Steiner, PT, OCS, SEP

Location & Dates:
Austin, TX - September 14-15, 2024
Tulsa, OK - September 21-22, 2024

Cost: \$595.00

Register by sending a check to:
The Steiner Institute,
4411 Medical Parkway Austin, TX 78756

Please visit: www.steinerinstitute.com



BioActivationssm Schedule-13 Hour Course

Saturday

- 8:30-8:45** Registration & check in
8:45-9:45 Introduction of BioActivationssm
Lab: Pre-test of lower core alignment, mobility, & stability (foot, ankle, knee, hip, and pelvis)
9:45-10:45 Lecture of BioActivationssm principles
10:45-11:00 Break
11:00-1:00 Lab: Surface anatomy, mobility assessment of the foot and ankle
1:00-2:00 Lunch
2:00-3:45 Lab: BioActivationssm manual therapy techniques for the foot and ankle
3:45-4:00 Break
4:00-5:30 Lab: Surface anatomy, mobility assessment of the knee

Sunday

- 8:00-8:15** Questions and answers
8:15-9:15 Lab: BioActivationssm manual therapy techniques for the knee
9:15-10:45 Lab: Surface anatomy, mobility assessment of the hip and pelvis
10:45-11:00 Break
11:00-12:00 Lab: BioActivationssm manual therapy techniques for the hip and pelvis
12:00-1:00 Lunch
1:00-2:00 Lab: Elemental Movement Integration for improved mobility/ stability in the lower core (closed and open chain)
2:00-2:15 Break
2:15-3:15 Lab: Continued instruction of manual therapy techniques and elemental movement integration for the foot, ankle, knee, hip and pelvis
3:15-3:45 BioActivationssm Questions and answers

