

# Performance Optimization For Healthcare Professionals

**Pre Course Study**    Self study prior to course    4 hours

## Course Outline

<b>Day 1</b>	8:30am - 10:30am	Performance Optimization theory and rationale	2 hours
	10:30am - 12:00pm	Running Functional anatomy lecture	1.5 hours
	12:00pm - 1:00pm	Lunch	
	1:00pm - 2:30pm	Postural assessment lecture	1.5 hours
	2:30pm - 4:00pm	Muscle testing lecture and lab	1.5 hours
	4:00pm - 5:30pm	Functional analysis lecture and lab	1.5 hours
<b>Day 2</b>	8:30am - 10:30am	Gait analysis lecture and lab	2 hours
	10:30am - 12:30pm	Release lecture and lab	2 hours
	12:30pm - 1:30pm	Lunch	
	1:30pm - 3:30pm	Fascial Abrasion Technique lecture & lab	2 hours
	3:30pm - 5:30pm	Putting it all together, Practical application lab	2 hours
<b>Total</b>			<b>20 hours</b>