

# Mastering Functional Patterns: Neurodynamics and Downstream Effects

## Hour 1:

Functional Assessments

Objective: Prone

Static - passive movements

Mobility - passive and active movements

Structural Assessments

Somatovisceral role in immobility/fixation/articular dysfunction

7 steps to mastering the LLI and Objectifying neuroarticular dysfunction.

Neurodynamics of LLI – structural vs. functional

Exercise, Rest or Rehab: When appropriate

## Hour 2:

Sacrum – alignment

    Sacrum – primary or secondary

    Sacral patterns Objective + Subjective

    Stability – determined by energy consumption for structural asymmetry/dysfunction

Leg Length Inequality and Objectifying outcomes

Passive and Isolation or “stress test” as an objective, reproducible measurement

Pelvis

Sacrum

Lumbar

Thoracic

Cervical

Cranial /TMD/Optic Motor