



# BUILDING BLOCKS

WINTER 2023 SCHEDULE & CURRICULUM

**Instructor: Dr. Michelle Little PT, DPT, OCS**

Board Certified Orthopedic Clinical Specialist

Post Doctorate Certifications in Obstetrics &amp; Pelvic Health

Founder of Women in Motion Physical Therapy &amp; Wellness

*Zoom meeting link for ALL live sessions taught by Michelle will be provided to enrolled students prior to the course start date.*

<u>Date</u>	<u>Topic</u>	<u>Time</u>	<u>Zoom</u>
<b>Week 1 Lecture</b>	Early Postpartum Recovery <ul style="list-style-type: none"> <li>● Anatomy</li> <li>● Physiology</li> <li>● Cesarean Scar Recovery</li> <li>● Perineal Tear Recovery</li> </ul>	On Demand	Pre-recorded into Week 1 Module in Teachable
Wed. January 4, 2023	Lab: Early Rehab Exercises	LIVE: 8:30/9:30 AM CST/EST	TBD
<b>Week 2 Lecture</b>	Postpartum Conditions <ul style="list-style-type: none"> <li>● Diastasis Recti</li> <li>● Pubic Symphysis</li> <li>● SIJ</li> <li>● Running Assessment</li> </ul>	On Demand	Pr- recorded into Week 2 Module in Teachable
Wed. January 11, 2023	Lab: Building a Return to run Program	LIVE: 8:30/9:30 AM CST/EST	TBD
<b>Week 3 Lecture (No live session)</b>	Pediatric Pelvic Health: Part 1 <ul style="list-style-type: none"> <li>● Anatomy/physiology and early development</li> <li>● Potty training</li> <li>● Urinary incontinence &amp; treatment interventions</li> <li>● Constipation &amp; treatment interventions</li> <li>● Biofeedback Treatment</li> <li>● Mia's case</li> </ul>	On Demand	Pre-recorded into Week 3 Module in Teachable
<b>Week 4: Live Lab Only</b> Wed. January 25, 2023	Pediatric Pelvic Health: Part 2 <ul style="list-style-type: none"> <li>● Case Presentations</li> </ul>	LIVE: 8:30/9:30 AM CST/EST	TBD

**Instructor: Dr. Emily Heisey, PT, DPT**

Pediatric Specialist

Founder of Kinactive Kids

Co-founder of KinActive Health

*Zoom meeting link for ALL live sessions taught by Emily will be provided to enrolled students prior to the course start date.*

<b><u>Date</u></b>	<b><u>Topic</u></b>	<b><u>Time</u></b>	<b><u>Zoom</u></b>
<b>Week 1 Lecture</b>	Trunk/Head Control and Clinician Basics; Let's Start Rolling <ul style="list-style-type: none"> <li>• What you need to know to encourage optimal strength, improve patient outcomes and decrease time spent in therapy</li> <li>• Highlighting trunk+ head control interventions and solutions 0-12m.</li> <li>• The 4 T's of rolling tummy to back</li> <li>• 4 R's of rolling back to tummy</li> <li>• Common impairments identified with tx strategies</li> </ul>	On Demand	Pre-recorded into Week 1 Module in Teachable
Mon. January 9, 2023	Week 1 Lab: Facilitation techniques based on child and diagnosis	LIVE: 8:30/9:30 AM CST/EST	TBD
<b>Week 2 Lecture</b>	Redefining Torticollis Treatment and Optimizing Results <ul style="list-style-type: none"> <li>• What to provide and cover during the IE; treatment plan by week</li> <li>• What to assess in the IE; looking past the neck</li> <li>• When to add in chiropractic</li> </ul>	On Demand	Pre-recorded into Week 2 Module in Teachable
Mon. January 16, 2023	Week 2 Lab: Torticollis (Live Torticollis Evaluation)	LIVE: 8:30/9:30 AM CST/EST	TBD
<b>Week 3 Lectures</b>	Sitting, Crawling Basics and Prerequisites <ul style="list-style-type: none"> <li>• The 6 P's of independent sitting</li> <li>• The 9 T's of Crawling</li> <li>• How to address the two most common atypical crawling patterns; janky crawl and army crawl</li> </ul>	On Demand	Pre-recorded into Week 3 Module in Teachable
Mon. January 23, 2023	Week 3 Lab 1: Facilitating Independent Sitting	LIVE: 8:30/9:30 AM CST/EST	TBD
Wed. January 25, 2023	Week 3 Lab 2: Crawling Q&A based on Kamp Case Study	LIVE: 3/4 PM CST/EST	TBD
<b>Week 4 Lecture</b>	Pre-Walking <ul style="list-style-type: none"> <li>• Ankle alignment; what's typical and what is not</li> <li>• Shoes and Orthotics; what kind and when</li> <li>• Walking progressions</li> </ul>	On Demand	Pre-recorded into Week 4 Module in Teachable
Mon. January 30, 2023	Week 4 Lab: KinActive Kamp Live Case Study	LIVE: 8:30/9:30 AM CST/EST	TBD

**Instructor: Dr. Matthew Otteman, DC**

Family Chiropractor

Co-owner of KinActive Health

*Zoom meeting link for ALL live sessions taught by Matt will be provided to enrolled students prior to the course start date.*

*Note: All of Dr. Matthew Otteman's sessions will be LIVE labs, which will be available on-demand after their scheduled time.*

<u><b>Date</b></u>	<u><b>Topic</b></u>	<u><b>Time</b></u>	<u><b>Zoom</b></u>
<b>Week 1</b> Thurs. January 5, 2023	Pediatric Assessments: Going Beyond Wellness <ul style="list-style-type: none"><li>• The importance of proactivity in gross motor development</li><li>• The “why” and “how” behind The Diaper Check</li><li>• What tummy time tells us as chiropractors</li><li>• How to properly assess torticollis</li><li>• Battle of the assessments: The Old School Way vs. The KinActive Method</li></ul>	LIVE: 12/1 PM CST/EST	TBD
<b>Week 2</b> Thurs. January 12, 2023	Corrective Chiropractic: Addressing Upper Body Impairments <ul style="list-style-type: none"><li>• Torticollis</li><li>• Reflux</li><li>• Latching</li><li>• Tongue Tie</li></ul>	LIVE: 12/1 PM CST/EST	TBD
<b>Week 3</b> Thurs. January 19, 2023	Corrective Chiropractic: Addressing Lower Body Impairments <ul style="list-style-type: none"><li>• W-Sitting</li><li>• GI issues</li><li>• Limited floor mobility</li></ul>	LIVE: 12/1 PM CST/EST	TBD
<b>Week 4</b> Thurs. January 26, 2023	Communication and Client Relationships <ul style="list-style-type: none"><li>• How to create care plans without doing scans</li><li>• Tips for communicating effectively to patients - what you're doing and why they need it</li><li>• Table Talk: how to keep clients coming back for wellness after receiving corrective care</li><li>• Getting to the bottom of goals and parental concerns</li></ul>	LIVE: 12/1 PM CST/EST	TBD

## Business Lecture + Q&A

<b><i>Date</i></b>	<b><i>Topic</i></b>	<b><i>Time</i></b>	<b><i>Zoom</i></b>
<b>On-Demand Business Lecture, Date TBD</b>	Entrepreneurship Week <ul style="list-style-type: none"><li>• The role of therapy &amp; wellness</li><li>• Establishing and growing your brand</li><li>• The role of social media and community in success of your business</li><li>• 5 steps to get you started</li><li>• Tips for connecting with other clinicians in your area</li></ul>	On Demand	Pre-recorded into Business Module in Teachable
Tues. January 24, 2023	Closing Q&A with Emily, Michelle and Matt <ul style="list-style-type: none"><li>• Grab a cocktail and join us for a LIVE Q&amp;A</li></ul>	LIVE: 5/6 PM CST/EST	TBD

# JANUARY 2023

## BUILDING BLOCKS COURSE SCHEDULE

### KEY

MICHELLE

ALL

EMILY

MATT

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Wk 1 & 2 Lectures Available	<b>2</b>	<b>3</b>	<b>4</b> Wk 1 Lab	<b>5</b> Wk 1 Lab	<b>6</b>	<b>7</b>
<b>8</b> Wk 3 Lectures Available	<b>9</b> Wk 1 Lab	<b>10</b>	<b>11</b> Wk 2 Lab	<b>12</b> Wk 2 Lab	<b>13</b>	<b>14</b>
<b>15</b> Wk 4 & 5 Lectures Available	<b>16</b> Wk 2 Lab	<b>17</b>	<b>18</b>	<b>19</b> Wk 3 Lab	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Wk 3 Lab 1	<b>24</b> HAPPY HOUR Q&A!	<b>25</b> Wk 3 Lab 2 Wk 4 Lab	<b>26</b> Wk 4 Lab	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> Wk 4 Lab	<b>31</b>				