



BUILDING BLOCKS

## **Welcome To Building Blocks Education!**

We wanted to take a moment to thank you for joining our Building Blocks Community!

We have poured our hearts and souls into every aspect of this course and it means a lot to have your support.

Below is some information about how it is all going to work, please make sure to read it so you don't miss a thing.

### **How is it going to work?**

To get started make sure you log on to your teachable account .

Each week we will make available the lecture content for that week as well as a pdf of the PowerPoint presentation and any additional videos with resources.

You will also have a LIVE lab that you can join LIVE via zoom.

If you can't make a live the recording will be available within 24 hours on the teachable portal.

Please see the agenda to make sure you have all the dates of the LIVE content, the on demand content on the portal is designed to be viewed at your own pace. We do recommend that you watch the lectures before the LIVE labs.

### **Zoom Links:**

We will each use the same zoom links every week (this is only for the LIVE portions)

#### **Emily's zoom link**

- <https://us02web.zoom.us/j/84444105363?pwd=Q3B2SjF2b3lwMzcvM2lLdVRRSVVNdz09>
- Meeting ID: 844 4410 5363
- Passcode: 170706

#### **Michelle's zoom link**

- <https://us02web.zoom.us/j/87133162395?pwd=elpVZS96a0t6MlgwaVYwNmZVR09vZz09>
- Meeting ID: 871 3316 2395
- Passcode: 588319

### **Facebook community group:**

This group is for all of our Building Blocks Members. You get lifetime access to this community. We created it to be a place where we can network and provide you with resources to any questions you may have.

<https://www.facebook.com/groups/1001937253608575>

Password: BB\_Fall2021 + your email of registration

**Instructor: 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

<u>Date</u>	<u>Topic</u>	<u>Time</u>	<u>Zoom</u>
Week 1 Lecture	<b>Lecture: Early Postpartum Recovery</b> <ul style="list-style-type: none"> <li>Anatomy</li> <li>Physiology</li> <li>Cesarean Scar Recovery</li> <li>Perineal Tear Recovery</li> <li>Diastasis Recti</li> </ul>	On Demand	Prerecorded into Teachable
9/17	<b>Week 1 Lab: Early Rehab Exercises</b>	<b>LIVE: 10am EST</b>	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable
Week 2 Lecture	<b>Lecture: Running Mechanics: Assessment</b> <ul style="list-style-type: none"> <li>Running Assessment</li> </ul>	On Demand	Prerecorded into Teachable
9/24	<b>Week 2 Lab: Treatment for common Running Injuries</b>	<b>LIVE: 9am EST</b>	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable
Week 3 Lecture:	<b>Lecture: Pediatric Pelvic Health: Assessment &amp; Treatment</b> <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> </ul>	On Demand	Prerecorded into Teachable
Week 4 10/8	<b>Week 4: Pediatric Pelvic Health Case Presentations</b>	<b>LIVE 9am EST</b>	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable
Week 5 Lecture:	<b>Week 5: Business 101</b> <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> </ul>	On Demand	Prerecorded into Teachable
10/13	<b>LIVE with Emily and Michelle</b> <ul style="list-style-type: none"> <li>Grab a cocktail and join us for a LIVE Q&amp;A</li> </ul>	<b>LIVE: 5pm EST</b>	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable

Instructor: Emily Heisey PT, DPT  
 Pediatric Specialist  
 Founder of Kinactive Kids

<u>Date</u>	<u>Topic</u>	<u>Time</u>	<u>Zoom</u>
Week 1 Lecture	<b>Lecture: Trunk/head control and Clinician basics; Let's start rolling</b> <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 and head control interventions and solutions 0-12m.</li> <li>• Let's Start Rolling Breaking down rolling: The 4 T's Rolling tummy to Back</li> <li>• 4 R's Rolling Back to Tummy Common impairments identified with tx strategies</li> </ul>		Prerecorded into Teachable
9/13	<b>Lab: Facilitation techniques based on child and diagnosis; Rolling</b>	LIVE at 8:15 am CST	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable
Week 2 Lecture	<b>Lecture: Redefining Torticollis treatment and optimizing results</b> <ul style="list-style-type: none"> <li>• What to assess in the IE (looking past the neck) What to provide and cover during the IE Treatment plan by week</li> <li>• When to add in Chiropractic</li> </ul>		Prerecorded into Teachable
9/20	<b>Lab: Torticollis (Live Torticollis evaluation)</b>	LIVE at 8:15 am CST	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable
Week 3 Lecture	<b>Lecture: Crawling prerequisites and basics</b> <ul style="list-style-type: none"> <li>• The 9T's of Crawling</li> <li>• How to address the two most common atypical crawling patterns</li> <li>• Janky Crawl Army Crawl</li> </ul>		Prerecorded into Teachable
9/27	<b>Lab: Crawling/atypical crawling patterns</b>	LIVE at 8:15 am CST	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable
Week 4 Lecture	<b>Lecture: Pre-walking:</b> <ul style="list-style-type: none"> <li>• Ankle alignment: What's typical and what is not Shoes Orthotics: What kind and when</li> <li>• Walking progressions</li> </ul>		Prerecorded into Teachable
10/4	<b>Lab: Pre-walking Progressions</b>	LIVE at 8:15 am CST	LIVE: please use Zoom link above After LIVE it will be uploaded to teachable