



Expectations – Students will be able to:

- Apply aspects of critical thinking to diagnosis and treatment strategies of orthopedic physical therapy.
- Explain how aspects of human physiology, anatomy and biomechanics apply to the **One80** System functional screen, Neuromuscular Facilitation Tests, manual therapy techniques, and functional exercise prescription.

Students will be introduced to the patent pending **One80** Physical Therapy System and will be able to test and palpate several muscles.

This introductory class is an overview of the full 56-hour **One80** System certification course. Future offerings for the full course will be offered in the near future in New York City. This course will be built on a scientific base and will require students to think critically and apply new concepts.

Intro to the **One80 System** –
April 9th and 10th, 16 hours total

Day 1 – Saturday, 8:00 AM - 5:00 PM

- 7:45 - 8:00 Check in
- 8:00 - 8:45 The **One80** Story/Purpose
- 8:45 - 9:30 Intro to Critical Thinking
- 9:30 - 10:30 Smash Your Toolbox
- 10:30 - 12:00 Phys/Anatomy/Mechanics
Lunch
- 1:00 – 2:00 The **One80** Rules
- 2:00 - 3:30 Case Studies
- 3:30 - 5:00 Day 1 Review and Revisit
**Time permitting – Demo on Students*

Day 2 – Sunday, 8:00 AM – 3:30 PM

- 8:00 - 9:00 Q and A Day 1 Info
- 9:00 - 10:00 **One80** Functional Screen
- 10:00 - 11:00 Muscle Tests: Intro to NFT *
- 11:00 - 12:00 **One80** Manual Therapy *
Lunch
- 12:30 – 2:30 Partner Lab
- 2:30 – 3:30 Demo-Putting it all Together
**Time permitting – Functional Reinforcement, Ther Ex, pt. education, HEP design*

Day 2 will be a lab day, students should wear appropriate clothing. Students and possibly patients from outside of the attendees will be used as subjects.

*For this class, NFT and manual therapy will be limited to the gluteus maximus, soleus, latissimus dorsi, pyramidalis and rectus femoris.

Topics covered include:

- How to assess and reverse neuromuscular inhibition
- Assessing the entire Kinetic Matrix, and what it will tell you
- Why the pyramidalis is the most important muscle you've never heard of
- How to use the Law of Reciprocal Inhibition to your advantage
- The physiological impacts of foam rolling/stretching/massage
- Implementing critical thinking and root cause analysis in your practice
- Why “corrective exercise” makes patients worse
- How to be successful running a cash pay clinic
- Why MoStreBility is the key to injury prevention and rehab
- How to apply all the science you learned in school in the clinic
- Why the VL (not the VMO) is the problem with patellar issues
- What happens when strength is sacrificed for mobility
- What most clinicians tell their patients, and why it's wrong
- How to get rid of “gadgets and gimmicks” and replace them with just your hands

Think Different. Live Well.

**Presenter – Rhett Polka, PT,
DPT, OCS, CSCS**

Dr. Polka earned a BS in Kinesiology from the University of Northern Colorado in 1996 and his Doctor of Physical Therapy from Slippery Rock University in 2000. He is certified in Orthopedics through the American Physical Therapy Association and a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association.

He opened the first **One80** Physical Therapy clinic in 2005 in Loveland, CO and now has a second clinic in Highlands Ranch, CO. He is the founder of the patent pending **One80** Physical Therapy System, which he developed over the course of his early PT career. He has twice presented the **One80** System to the University of Arkansas Football and Olympic Lifting coaching staffs. He is currently conducting research on the effects of foam rolling on strength at the University of Northern Colorado.

April 9th-10th

The W New York – Downtown
8 Albany Street

REGISTRATION

\$395 standard

\$345 before 3-25-16

Ask About Group Discounts

To maximize one on one attention, and optimal hands on experience, class size will be limited to 15 students

For answers to questions or to register, call (970) 593-9300



One80 Physical Therapy Presents:
Introduction to the One80 Physical Therapy System
Welcome to the Revolution.
April 9th and 10th, at The W New York - Downtown