

# FAKTR-PM

## Functional and Kinetic Treatment with Rehab, Provocation and Motion

### Course Instructors:

Gregory H. Doerr DC,  
CCSP, ART, CKTP

Andre Labbe PT, MOMT

Sept 11-12, 2010  
Sat 10:00 -- 7:00  
Sun 8:00 – 1:00

### Days Inn

195 Route 18 South  
NJ Turnpike / I-95 Exit 9  
East Brunswick, NJ 08816 US

**\*Approved for 13.5 CEU's**



Questions contact:  
Dr. Antonio Pugliese  
[SportsCouncil@anjc.info](mailto:SportsCouncil@anjc.info)  
(908) 654-3040

To register: email or contact  
[susanhyde12@gmail.com](mailto:susanhyde12@gmail.com)  
(828) 505-4272

Cost: \$450  
Early bird fee \$395 if paid by  
Aug 2<sup>nd</sup>.  
College faculty & students  
\$300 early rate or \$395 after  
Aug 2<sup>nd</sup>.

Payable to *FAKTR-PM, Inc*

**FAKTR-PM**  
34 Hearthstone Drive  
Asheville, NC 28803  
**Phone:** 828.505.4272  
**Fax:** 828.505.2997  
[www.faktr-pm.com](http://www.faktr-pm.com)

### Course Objective:

Our objective is to demonstrate how quickly someone can pick up this form of treatment and make a significant change in a vast majority of patients treated with FAKTR-PM. Regardless of technique practiced, whether it is Graston Tech, MRT, Gua Sha, Cyriax, or any others you'll want to learn this innovative concept to use in conjunction with the techniques you already use. You will learn how to incorporate FAKTR-PM into your treatment protocols on Monday morning. This is a simple, yet very effective means of treating & rehabbing soft tissue/fascial pain problems.

### Course Outline:

We discuss the origin of FAKTR-PM and why we have chosen to treat patients utilizing this protocol. We also discuss portions of Anatomy Trains by Thomas Meyers, Tensegrity, articles in Spine by Barker, et al, Janda concepts in rehab, and other related literature. We then undertake 6 different areas of the body and go through them systematically including how to accurately assess each area discussed with functional examinations, treatment with all components of FAKTR-PM and then pair the audience and allow them to utilize a hands-on treatment with us supervising. Butler's Nerve Flossing will also be covered.

Upon completion of treating each other for a specific body part, an introduction to Kinesiotape (KT) follows. We then demonstrate to the class how to apply KT for problems specific to the body part just treated, and then allow the attendees to have an opportunity to apply KT to each other. We supply the KT for the class. The areas covered include the shoulder, elbow, ankle, knee, cervical and lumbar spines. The course is 13 1/2 hours with a significant portion of hands on.

### Anatomy – Mechanism of Injury - Orthopedic Testing - Treatment - Demonstration - Static/Motion and Kinesiotaping Techniques of conditions specifically addressed in this course are:

- Upper Extremity, Rotator Cuff Injury, lat epicondylitis
- Cervical and Lumbar Radicular disorders
- Lower Extremity, Patella Femoral Syndrome
- Lateral Ankle Sprain
- Cervical Spine - levator, scalenes, SCM's and suboccipitals
- Lumbar Spine - quadratus lumborum and compartment syndrome

*\*License Renewal: Appropriate applications relating to credit hours for license renewal for PA, FL and selected states have been executed for this program. For information regarding these applications, please contact the NYCC Postgraduate Department at 800-434-3955.*