

R1 Foundations Training Labs

Reconditioning Revolution Mastermind Community

LAB 1: The keys to a great intake and primary assessment

Video content to watch pre-lab: ~ 3 hrs

Module 1; except Neuro Primers

History taking, Observations, Neuro Reconditioning assessment, principles of movement

LAB 2: What to breakdown and why?

Video content to watch pre-lab: ~ 3 hrs

Modules 2 & 3 + Module 5; only the Demo

Primary movement breakdowns, 'must-haves', Demonstration

LAB 3: Dialing in the Neuro Assessment process- Proprioception

Video content to watch pre-lab: ~ 3.3 hrs

Module 1 last two lessons, Module 5 last two lessons.

Neuro Reconditioning Primers, Proprioceptive concepts, assessments & tools.

LAB 4: Enhancing your dynamic assessment game

Video content to watch pre-lab: ~ 1.5 hrs

Module 4

Movement demands and dynamic assessments

LAB 5: Intervention: Prioritizing and resolving hardware & software issues

Video content to watch pre-lab: ~ 9.25 hrs

Modules 6-11

Interventions, breathing, open and closed kinetic chain, mobility, stability, strength, physical literacy, progressions, regressions, 5Rs, high pay off drills

LAB 6: Integrating the 'Can do's' and 'Can't do's' - Building the three-phase plan

Video content to watch pre-lab: ~ 2.5 hrs

Modules 12 & 13

Building a plan and Case Study

LAB 7: Merging Neuro Reconditioning seamlessly into your clinical and team settings

Environmental context and considerations,
group versus one-on-one approaches, handy
tips and tricks, business opportunities

LAB 8: Being the leader in the room

Communicating most effectively and collaborating with other practitioners, IST
teams, clients and management team, debriefs and accountability models,
recognizing your value