Faust Movement Patterns & the Core – Functional Assessment & Training
- Mag 7 screen
- Establishing a rehab/corrective exercise training baseline
- Clinical Audit Process: Assess-correct-reassess process to determine how to progress/regress a “track” or choose a tangential (lateralized) “track”
- The role of diaphragm, pelvic floor & stabilization system in Cylinder function
- Basics of core stability from biomechanical & neurodevelopmental perspectives
- Anti-flexion & anti-rotation dysfunction
- T4 & hip mobilizations
- External vs internal cues in facilitating skill acquisition
- Fear-avoidance beliefs, threat & “guarded” movements

Course B – EXTREMITIES

Rehab of the Athlete – From the Ground Up
- Training the sole of the foot/gripping function
- Preventing medial knee collapse
- Posterior Chain activation
- Frontal plane stability/power

The Rehab Continuum – Stability to Performance from Head to Toe
- The T4 “dead zone”
- Orofacial dysfunction
- Cervico-cranial dysfunction
- Upper quarter kinetic chain dysfunction & scapular duskiness
- Dr Liebenson also teaches the Prague School to Athletic Development Primer (3-4 hours)

The PS2AD series is an ideal prep for changing one’s paradigm from
1. Symptom-based to a focus on the Source of pain in the kinetic chain
2. Passive to Active (self-care oriented)
3. Doctor-Centered to Patient/Athlete-Centered
4. Output-based to outcome-based
5. Hardware (structural) to software (functional)

Goal: to learn how to efficiently focus on reversible functional pathologies of the motor system (i.e. key painless dysfunctions)
It takes the full 150 hours of the R2P/ISCRS Full Member Cert as a minimum