

CLT A/B Program

Daily from 09.00 - 17.00

Breaks 10.30-10.50, 13.00- 14.00, 15.30- 15.50

Day 1.

- Introduction to CLT
- Short history/ development of the CLT concept
- Practical experience; how to facilitate Sprinter involuntary
- Sprinter coordination
- Scapula AE in various positions
- Pelvis AE in various position

Day 2

- Scapula PD in various positions
- Pelvis PD in various position
- Patient demo
- Security line/ coordination
- Different techniques
- Overview of activity levels

Day 3

- Gait introduction
- One leg standing in gait -Sprinter
- Skater coordination
- how to facilitate Skater involuntary
- Scapula AD in various positions
- security line in Skater

Day 4

- Pelvis AD in various position
- Scapula PE in various positions
- Pelvis PE in various position
- Different techniques
- Rolling for more rotation in the trunk
- Breathing

Day 5

- Skiing (Chopping)
- Patient demo
- Gait ballet
- explaining skater gait phases.

Day 6

- Skipping (Lifting) for more rotation in the thoracic spine
- What patient problems can we solve? Shoulder
- introduction CLT & Sports
- Repetition and time for questions

Depending of the time can be added some special themes during the course.

CLT C- Clinical Rehabilitation Course program

Daily from 09.00 - 17.00

Breaks 10.30-10.50, 13.00- 14.00, 15.30- 15.50

Day 1

- Sprinter/Skater repetition
- Trunk Instability
- No trunk Rotation

Day 2

- Shortened side of trunk - QL /pain
- Low Back Pain
- No thoracic Errection
- Shoulder problems
- Neck problems

Day 3

- Stance leg problems- Iliopsoas
- Gait repetition
- Hip and knee - no flexion/extension
- No weight bearing of stance leg
- Genu recurvatum
- Breathing

Day 4

- Elbow/fingers, thumb problems
- Unstable ankle joint
- Weak foot dorsi flexion
- Hallux Valgus
- Facialis sy.
- Mandibular joint

CLT X Course Program (Hands off)

Daily from 09.00 - 17.00

Breaks 10.30-10.50, 13.00- 14.00, 15.30- 15.50

Day 1

- Why CLT?
- Introduction to Sprinter/Skater
- Warm up with music in both coordinations
- Sprinter exercises in variations with props (Theraband, Ball, etc.)
- Skater exercises in variations with props (Theraband, Ball, etc.)

Day 2

- Gait ballet
- Skiing (chopping) exercises in variations with props (Theraband, Ball, etc.)
- Skipping (Lifting) exercises in variations with props (Theraband, Ball, etc.)