

# IM as a Tool for Figure Skating: From Grassroots to Elite



## Course Description:

This course will focus on the orthopedic application of the IM, specifically for the figure skater and the many disciplines now available to enjoy the sport, at any age and activity level. The IM has primarily been used for neurologically impaired or special needs individuals, but applying it to the orthopedic “normal” has been quite a success in my practice, and in this population the learning curve for skill acquisition has been dramatically reduced, motor patterning has improved, and successful completion of elements such as jumps for the athlete are more consistent by far.

All of the spinal positions necessary for pelvic control in the figure skating athlete will be addressed as well as functional custom exercises for each individual which will be based on their discipline in the sport. A physical therapy evaluation and assessment with the IM will determine the progression of patient tasks, based on muscular imbalances found.

**\*Contact hours are offered pending successful completion of a written exam at the end of the course.**

## Target Audience:

This course welcomes the following professionals who have completed the Interactive Metronome Certification Course.

- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer

## Instructional Level:

Advanced

## Learning Outcomes:

Upon completion of this course, participants will be able to:

- The participant will understand the role of spinal stabilization in the many aspects of figure skating.
- The participant will name the 3 spinal positions needed for pelvic control, set up an appropriate IM task, and describe these transitions required to stroke or land a jump.
- The participant will name 3 other IM functional custom exercises for the figure skater.
- The participant will name at least 4 of the many disciplines of figure skating and recognize that anyone at any age can enjoy this sport.

**\*Note: This course covers information that pertains to licensed therapists and therapy assistants. COTA and PTA professionals must practice IM under the supervision of an OT or PT.**

## Instructor:

**Donna** comes from a skating family, competed as an amateur, toured professionally with Ice Follies, and coached. She is a Physical Therapist and Certified Athletic Trainer with degrees from UC Berkeley and UC San Francisco. Donna has supported US Figure Skating as a PT/ATC at numerous National and International events since 1987, including the 1998 Nagano and 2002 Salt Lake City Olympic Games. Donna has designed conditioning and flexibility programs for elite amateur and professional baseball, basketball, football, hockey, dance, gymnastics, and figure skating athletes for over 22 years. She works at BaySport Physical Therapy in Los Gatos and SharksIce in San Jose where she utilizes a variety of approaches, including Pilates apparatus, Interactive Metronome, and manual therapy.

## Disclosures:

**Instructor Financial Disclosure(s):** Donna received an honorarium for the development and presentation of this course from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Donna does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Donna uses the Interactive Metronome with clients in private practice.

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- US Figure Skating: Overview
- Amateur to Elite Figure-Skating Competitors
- International-World-Envelope Skaters
- Adult Skating: National Championships
- Synchronized Skating
- Special Olympics & Therapeutic Skating
- Science
- Rehabilitation
- IM with Knee Injuries: Custom Exercises
- How Much Flexibility is Enough?
- How Much Strength is Enough?
- Videos: Custom IM Exercises to Target Specific Skills for Figure Skaters
- Q & A
- Online post-test & course evaluation

**Instructional Methods:**

LECTURE, PPT, PHOTOS, VIDEOS, CASE STUDY

**CEUs Offered for:**

0.1 AOTA / 1.25 NBCOT PDUs (OT/COTA)

PT/PTA & Other Disciplines Not Listed Above: If your discipline or state is not listed above, you may submit paperwork to your state board or association for CEUs if they allow you to do so. Please check with your state board/association prior to registering for this course.

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