What is The Discover Physio Series?

The Discover Physio Series is the premium course offered by Discover Physio that provides in-depth hands-on and clinical reasoning skills in The Thoracic Ring Approach (LJ Lee) and The Integrated Systems Model (ISM) (Lee & Lee 2007). These two models illuminate the links between all areas of the kinetic chain and all systems of the body, including psychosocial features, using the unique Meaningful Task Analysis paradigm to Find the Primary Driver for the person’s problem and pain experience. The Primary Driver is a region of the body that may be pain-free but dysfunctional, and the true underlying cause for the patient’s problem.

Identifying the Primary Driver and changing the patient’s negative experience of their body to a positive one when they perform tasks that have meaning is a powerful vehicle for change. This is known as the “wow” factor. Therapists can then confidently design treatment programs that target the true source of the problem and expect positive change, making the therapeutic process more efficient.

Do you know how to determine if loss of rotational control of the 4th thoracic ring drives groin pain, pelvic girdle pain, neck pain or Achilles tendinopathy? On the Discover Physio Series the innovative Thoracic Ring Approach (LJ Lee) is covered in depth, based on LJ’s more than a decade long clinical and research journey on how the thorax affects the function of the whole body. This includes specific motor control training and functional integration of the thorax into trunk control.

In every area of the body, unique assessment and treatment techniques are taught and related to optimal performance of the whole person. The Discover Physio Series empowers you with new ways to assess and treat your patients, and integrates the science from multiple fields with clinical expertise to help you figure out the clinical puzzles you see everyday & illuminate the possibilities for growth and change.

Join LJ Lee and her team for a learning experience that will enhance your everyday clinical practice, increase your job satisfaction, and improve your patient outcomes.

"Very infrequently throughout a career can an individual take a series that changes so profoundly their conceptual framework of assessment and treatment. The integrated series taught by LJ Lee is that rare blend of art and science that looks at the total person. It has not only changed my clinical practice but my teaching as well." Jeff Brousseau, Instructor Canadian Orthopaedic System, Saskatoon, Canada

Course Format

The course is a nine-month commitment with 3 five day sessions (Parts 1-3) of face-to-face learning combined with online peer and tutor support via a members-only LinkedIn group. In addition, course participants have access to over 3 hours of online videos for review of material covered during the 15-day practical sessions. Pre-course preparation and case report assignments between Parts 1-3 enhances learning and the implementation into daily practice.

Upon completion, participants become part of a global network as part of a LinkedIn Graduates group and are listed on the Discover Physio “Find a Physio” directory (www.discoverphysio.ca/find-a-physio). This directory is used internationally by therapists, patients and medical practitioners to find physiotherapists trained in the Thoracic Ring Approach (LJ Lee) and the ISM (Lee & Lee).

Dates Jan. 13-17, May 5-9, & Sept. 8-12, 2014
Times Monday, Tuesday 8:30 AM – 5:00 PM
Wednesday 8:30 AM – 3:00 PM
Thursday 8:30 AM – 5:00 PM
Friday 8:30 AM – 3:30 PM
Location Museum of Vancouver, 1100 Chestnut Street Vancouver, BC, Canada
Tuition Cost for Full Year

Total Cost is $4300 plus 5% GST = $4515
One-time payment or pay in installments

The DP Series is limited to physiotherapists. Course size is limited to 30 participants. LJ Lee is the lead instructor and has a team of highly skilled assistants involved to ensure quality hands-on feedback to participants. New content has been added to the 2014 curriculum.

About Linda-Joy (LJ) Lee
PhD, BSc, BSc(PT), FCAMT, MCAP

Dr. LJ Lee is recognized internationally as a skilled educator, presenter, clinician & researcher. She is the creator of The Thoracic Ring Approach, an innovative approach to assess and train the integrated function of the thoracic spine-ribcage complex that explains how the thorax links to the rest of the body & integrates neuromuscular training for the thorax & trunk. Finding the Driver was a key development from LJ’s Thoracic Ring Approach that became part of the ISM (Lee & Lee). In addition to mentoring her team at her clinic, Synergy Physiotherapy (North Vancouver, Canada), LJ is also a Specialized Rowing Australia Consultant and an Associate Editor for the British Journal of Sports Medicine (BJSM). She completed her PhD on Motor Control & Kinematics of the Thorax at The University of Queensland.

For more info, visit www.discoverphysio.ca