

GrayInstitute

PRESENTS

*AppliedFunctionalScience*<sup>TM</sup>

SYNPOSIUM

2011

The Whys, Hows, and Whats of Movement

October 7 & 8, 2011  
Chicago, IL



## OVERVIEW

The **Gray Institute** is *the authentic source of Applied Functional Science™*. What is **Applied Functional Science™**? **Applied Functional Science™** is empowerment – it is a process, based on science that explains why you are successful at what you do, as well as a process, based on science, that allows you to be better at what you do. **Applied Functional Science™** connects the dots of your education, expertise, and experience in order to better serve your patients / clients.

Have you heard about **Applied Functional Science™** and wanted to learn more about it? Have you wanted to go to a gathering of people sharing topics that uplift one another, uplift the audience, and uplift the information? Have you yearned for information that makes scientific sense and facilitates direct application to your working environment? Do you want quicker, better results for your patients / clients? If any of these questions strike a chord, then the “**Applied Functional Science™ Symposium: The Whys, Hows, and Whats of Movement**” is where you need to be!

The “**Applied Functional Science™ Symposium: The Whys, Hows, and Whats of Movement**” (also referred to as the “**AFS Symposium**”) is an experience that is unique. It is a two-day seminar / gathering that features one great stage occupied by over 30 presenters – all of which are Fellows of Applied Functional Science™ – from around the world. The **AFS Symposium** will host one large audience (picture you and a crowd of like-minded professionals from any and all aspects of the movement industry who are there for the betterment of all they treat, train, and serve) that will be learning and moving together in understanding and owning the information.

What information? Information on various topics of movement – all with the common theme of **Applied Functional Science™**, which begins with **Scientific Principles** (The “*Whys*” of Movement), which generates to **Formulated Strategies** (The “*Hows*” of Movement), which transforms into **Powerful Techniques** (The “*Whats*” of Movement) – all of which directly relates to your patient’s / client’s biomechanics, individuality, and purpose. This potent process (**Principle-Strategy-Technique Process**) will be followed throughout each presentation, providing you with the logic, explanation, and facilitation of techniques to employ in your working environment.

Furthermore, each presentation and topic will be enhanced by the insight and inspiration, as well as the experience and expertise of Gary Gray PT, FAFS and David Tiberio PhD, PT, FAFS – two of the most influential experts in human movement. Where else can you get this? This is an event that you simply cannot afford to miss!

<b>WHO:</b>	Fellows of Applied Functional Science™, You, and <i>Like-Minded</i> Professionals	
<b>WHAT:</b>	Applied Functional Science™ Symposium: <i>The Whys, Hows, and Whats of Movement</i>	
<b>WHEN:</b>	October 7 – 8, 2011	
<b>WHERE:</b>	Donald E. Stephens Convention Center (5555 North River Road, Rosemont, IL 60018; Within 10 Minutes of Chicago O’Hare International Airport; Free Hotel Shuttles Available)	
<b>WHY:</b>	To grow in knowledge and application of Applied Functional Science™ — <i>the science of human movement</i> — to better serve and care for our patients and clients!	
<b>HOW MUCH:</b>	<i>Early Bird</i> Registration (on or before August 31, 2011):	\$229
	<i>Regular</i> Registration (beginning September 1, 2011):	\$279



## DETAILS

The **AGENDA** for the **AFS Symposium** is as follows:

### Friday, October 7, 2011

- Registration – 7:00 AM
- Start of AFS Symposium – 8:00 AM
- Presentations – 8:00 AM to 12:30 PM
- (Break – 10:15 AM to 10:30 AM)
- Lunch (*on own*) – 12:30 PM to 1:30 PM
- Presentations – 1:30 PM to 5:30 PM
- (Break – 3:15 PM to 3:30 PM)
- 3D Circuit Training *Application*\* – 6:30 PM to 7:30 PM
- Social Hour – 7:30 PM to 8:30 PM

### Saturday, October 8, 2011

- Start of AFS Symposium – 8:00 AM
- Presentations – 8:00 AM to 11:30 PM
- (Break – 10:15 AM to 10:30 AM)
- 3D Locomotor Training *Application*\* – 11:30 AM to 12:30 PM
- Lunch (*on own*) – 12:30 PM to 1:30 PM
- Presentations – 1:30 PM to 5:00 PM
- (Break – 3:15 PM to 3:30 PM)
- Conclusion of AFS Symposium – 5:00 PM to 5:30 PM

*\* Part of the experience of the AFS Symposium consists on the two (2) opportunities of application of the information. This consists of both the “3D Circuit Training” and “3D Locomotor Training” – both of which are considered elements of the Pump & Praise™ Experience. These two applications (workouts) are by no means mandatory, yet highly encouraged as you will experience firsthand the implementation of movements for specific purposes. Be sure to come ready to participate or come ready to observe and encourage!*

The **HOTEL INFORMATION** for the **AFS Symposium** is as follows:

#### Hyatt Regency O’Hare

9300 West Bryn Mawr Avenue  
Rosemont, IL 60018

847.696.1234

Rooms: \$139.00 Single / Double

Cut-Off Date: September 8, 2011

#### Hilton Rosemont O’Hare

5555 North River Road  
Rosemont, IL 60018

888.452.6943

Rooms: \$119.00 Single / Double

Cut-Off Date: September 7, 2011

#### Doubletree Hotel O’Hare Rosemont

5460 North River Road  
Rosemont, IL 60018

847.292.9100

Rooms: \$105.00 Single / Double

Cut-Off Date: September 15, 2011

*Please note that the Donald E. Stephens Convention Center (5555 North River Road, Rosemont, IL 60018) and the listing of hotels are all within 10 Minutes of Chicago O’Hare International Airport. Therefore, free hotel shuttles are available.*



## REGISTRATION

***To Register for the AFS Symposium, Please:***

**(1) Register Online at [www.GrayInstitute.com](http://www.GrayInstitute.com);**

**(2) Call 517.266.4653; or**

**(3) Fill Out and Fax *the Form Below* to 517.266.9363.**

Name \_\_\_\_\_

*(Please PRINT Name as it Should Appear on Certificate of Completion)*

Professional Credentials \_\_\_\_\_

Employer \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Email Address \_\_\_\_\_

**Early Bird Registration (*on or before August 31, 2011*)      \$229.00**

**Regular Registration (*beginning September 1, 2011*)      \$279.00**

- I've enclosed a check payable to "Gray Institute"
- Please charge my Visa, MasterCard, American Express, or Discover to:

CC#: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Security Code: \_\_\_\_\_

***Authorized Signature for Credit Card Required Above***

If paying via check, please mail this registration form and a check (payable to "Gray Institute") to:

**Gray Institute  
100 Industrial Drive  
Adrian, MI 49221**

If paying via credit card, please fax this registration form to 517.266.9363.  
Any questions or comments, please call 866.230.8300 or 517.266.4653.

**Registration Confirmation:** Please register early for the Early Bird Discount! We urge you to obtain registration confirmation before making flight arrangements. Confirmation of registration and receipt for tuition will be sent to you. **Cancellation Policy:** Cancellations must be in writing to qualify for a refund. Cancellations received up to forty-five (45) days prior to the course will be assessed a \$50 Cancellation Fee. A credit towards a future seminar will be given (Money Received minus Cancellation Fee) if cancellation is received less than forty-five (45) days prior to the course. Gray Institute reserves the right to cancel any course and will not be responsible for any charges incurred by the participant. If Gray Institute cancels a course, a full tuition refund will be given.

# Applied Functional Science™ SYNPOSIUM

## TOPICS

*The Whys, Hows, and Whats of Movement* is the focus of all topics, of all presentations. As previously mentioned, each presentation will utilize the common thread of **Applied Functional Science™**, showcased by the **Principle-Strategy-Technique Process**, and thus providing you with the logic, explanation, and facilitation of techniques to employ in your working environment. The following topics will shed more light on the Physical Sciences, Biological Sciences, and Behavioral Sciences, as well as Chain Reaction™ Biomechanics (how the body truly functions), the NeuroMusculoSkeletal System, Biomechanical Analysis, Purpose-Driven Movements, Tweakology™ of Movement, Restoration and Training of the Body, and more to make you better at what you do!

The **Topics** for the **AFS Symposium**, presented by Gray Institute's **GIFT Fellows**, are as follows:

1. *Pure Validity of Applied Functional Science™*
2. *Logical Process of Applied Functional Science™*
3. *Functional Biomechanics of Foot / Ankle*
4. *Purposeful Training / Rehabilitation of Foot / Ankle*
5. *Balance for Walking*
6. *Real and Relative Motion*
7. *Functional Biomechanics of Anterior Hip*
8. *Purposeful Training / Rehabilitation of Anterior Hip*
9. *Functional Biomechanics of Posterior Hip*
10. *Purposeful Training / Rehabilitation of Posterior Hip*
11. *Applied Functional Science™ Nomenclature*
12. *The Importance of Tweakology*
13. *Functional Biomechanics of Medial Hip*
14. *Purposeful Training / Rehabilitation of Medial Hip*
15. *Encouragement with Movement / Sign Language*
16. *Functional Biomechanics of Lateral Hip*
17. *Purposeful Training / Rehabilitation of Lateral Hip*
18. *Identification of Transformational Zones*
19. *Transformational Zones of Biking*
20. *The Pelvic Ring*
21. *Transformational Zones of Walking*
22. *Functional Biomechanics of Knee*
23. *Purposeful Training / Rehabilitation of Knee*
24. *Chain Reaction™ of the Body*
25. *Proprioceptors – The Spirit of Function*
26. *Mostability of Anterior-Lateral Core*
27. *Mostability of Lumbar Spine*
28. *Mostability of Thoracic Spine*
29. *Mostability of Cervical Spine*
30. *Locomotion Tweakology*
31. *Functional Biomechanics of Shoulder*
32. *Purposeful Training / Rehabilitation of Shoulder*
33. *Transformational Zones of Throwing*
34. *Integrated Isolation*
35. *Balance in Motion*
36. *Agility and Coordination*
37. *Recovery and Restoration*
38. *Functional Biomechanics of Pelvic Floor*
39. *Purposeful Training / Rehabilitation of Pelvic Floor*
40. *Living Life in 3D*

# Applied Functional Science™ SYMPOSIUM

## ADDITIONAL INFORMATION ON THE GRAY INSTITUTE

The **Gray Institute**, the *authentic source of Applied Functional Science™*, is internationally acclaimed for its innovation, development, mastery, and delivery of **Applied Functional Science™**. The **Gray Institute** is recruited to consult, analyze, assess, rehabilitate, restore, train, and condition individuals of all levels and abilities, including professional sports. It is the foremost leader of functional prevention, rehabilitation, and performance enhancement in its respective industries. The **Gray Institute's** internationally-renowned staff of presenters has more than three decades of experience in presenting multiple seminars, including Chain Reaction™ (in its 23<sup>rd</sup> year) and Live Function, and multiple conduits of post-professional education in **Applied Functional Science™**, including the Functional Video Digest Series, Fast Function Series, 3D Matrix Performance Series, GIFT (Gray Institute for Functional Transformation), and Video Content Library – all of which continues to teach thousands of professionals from all areas of the medical and training industries.

## Gray Institute

Being referred to as the leading authority in functional rehabilitation and training, the **Gray Institute** has created and coined its branding as **Applied Functional Science™**. **Applied Functional Science™** is the convergence of Physical Sciences, Biological Sciences, and Behavioral Sciences that consists of the *Principles-Strategies-Techniques Process* for functional assessment, training and conditioning, rehabilitation, and injury prevention that is practical for any and all individuals regardless of age or ability. **Applied Functional Science™** is based on scientific truths that serve as the foundation of the process. These principles, integrated with neuromusculoskeletal Chain Reaction™ biomechanics, lead to powerful strategies that guide the decision-making process. **Applied Functional Science™** strategies are employed to properly and successfully manage transformational environments, utilizing effective and efficient techniques for desired purposes.

GIFT, currently in its 5<sup>th</sup> year of operation, is a 40-week mentorship program that provides a unique, comprehensive, and in-depth professional education experience through a blend of distance learning and live seminars where all aspects of **Applied Functional Science™** are explored, explained, and applied. GIFT exists to provoke the promise that is inherent in the unique lives of each GIFT Fellow and, in doing so, enable and encourage the GIFT Community (close to 400 professionals from around the world) to effectively enhance the lives of those they serve.



**Gary Gray PT, FAFS** is the Founder and President of both the Gray Institute and Gray Institute for Functional Transformation (GIFT). Gary is the originator and developer of many nationally acclaimed educational programs. He is the 2002 recipient of the prestigious John Maley Award which recognizes an individual for innovation in physical therapy. Referred to as the “Father of Function,” Gary is a world-renowned and highly-respected physical therapist, trainer, educator, author, coach, and successful inventor. He has transformed his functional and biomechanical understanding of the body in to the most effective performance-enhancement, injury prevention, and rehabilitative applications.



**David Tiberio PhD, PT, FAFS** is a former Associate Professor at the University of Connecticut where he now serves as Professor Emeritus. David is the Academic Dean of the Gray Institute for Functional Transformation (GIFT). Moreover, he is a leading expert in the areas of kinesiology, therapeutic exercise, and musculoskeletal dysfunction. David is the 2007 recipient of the American Physical Therapy Association's Henry O. and Florence P. Kendall Award for outstanding and enduring contributions to the practice of Physical Therapy. David has published articles in *Physical Therapy, Foot and Ankle, Clinical Biomechanics, and JOSPT*. David has taught numerous courses with Gary Gray and the Gray Institute over the past 27 years.

# Applied Functional Science™ SYMPOSIUM

## ADDITIONAL INFORMATION ON APPLIED FUNCTIONAL SCIENCE™

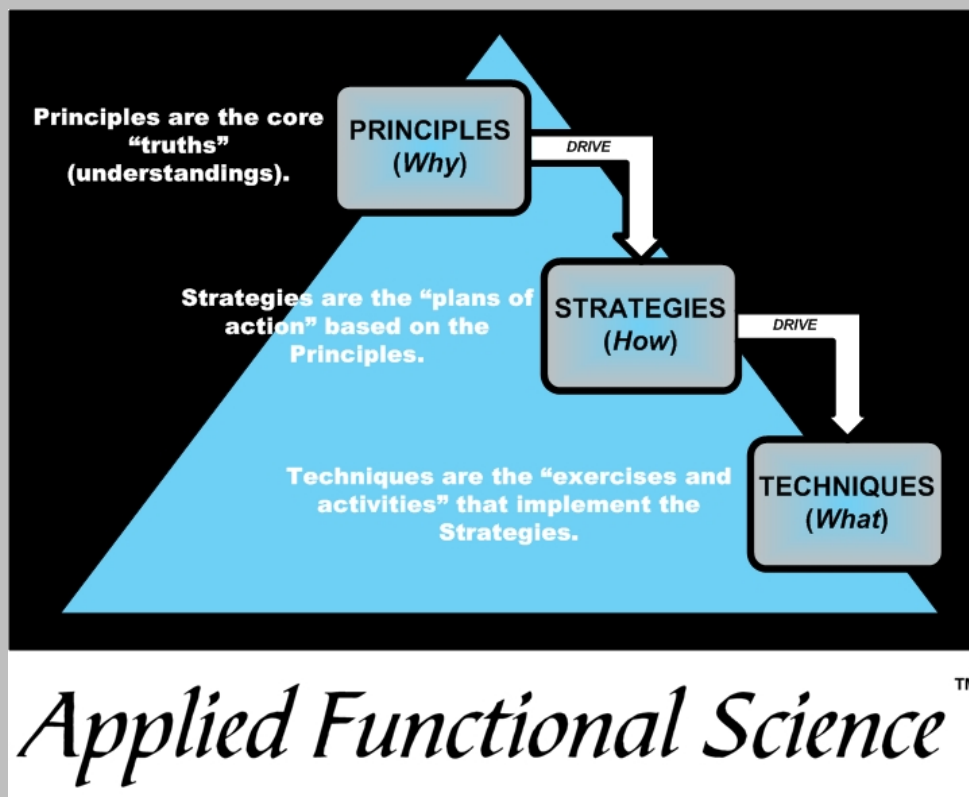
No two people should be trained or rehabbed identically. Why? Because no two people are identically the same. Too often, we as professionals cling to a protocol instead of a process. It is science that needs to guide our logic in prevention, rehabilitation, and performance enhancement. This is at the core of **Applied Functional Science™**.

**Applied Functional Science™** is the convergence of Physical Sciences, Biological Sciences, and Behavioral Sciences that consists of the **Principles-Strategies-Techniques Process** for functional assessment, training and conditioning, rehabilitation, and injury prevention that is practical for any and all individuals regardless of age or ability.

**Applied Functional Science™** is based on scientific truths that serve as the foundation of the process. These principles, integrated with neuromusculoskeletal Chain Reaction™ biomechanics, lead to powerful strategies that guide the decision-making process.

**Applied Functional Science™** strategies are employed to properly and successfully manage transformational environments, utilizing effective and efficient techniques for desired purposes.

**Applied Functional Science™** begins with **Scientific Principles** (The “Whys” of Movement) stemming to **Formulated Strategies** (The “Hows” of Movement) in utilizing **Powerful Techniques** (The “Whats” of Movement) that directly relates to our patient’s / client’s biomechanics, individuality, and purpose. This process will be followed throughout the presentations, providing those in attendance the logic, explanation, and facilitation of techniques to employ in your working environment.



# Applied Functional Science™ SYMPOSIUM

## PRESENTERS

The Featured Presenters for the **Applied Functional Science™ Symposium** are Fellows of Applied Functional Science™. A **Fellow of Applied Functional Science™ (FAFS)** is one who has successfully completed GIFT, a 40-week mentorship program exclusively offered by the Gray Institute. An **FAFS** is a movement-science expert who also demonstrates confidence and competence in the *Principles-Strategies-Techniques Process* of Applied Functional Science™.



***Gustavo Alejandro, FAFS*** was born in Buenos Aires, Argentina, and has lived most of his life between the USA and Brazil. Gustavo studied gymnastics for 9 years, Judo for over 6 years, and Wu-Shu for over 3 years. His experience in the circus for 8 years led him to study Physical Education (BS), specializing in Applied Functional Science™ through the Gray Institute. Having worked for The Sports Club LA in New York and the Jewish Community Center for 3 years as a personal trainer and a group exercise instructor, Gustavo is a strong professional with an extensive curriculum. In Brazil, this includes teaching at Formula Academia, which is the largest chain in the country. Gustavo has been teaching since 1992 and is currently teaching at Vértice, which is the best ranking school in Brazil.



***Jennifer Armet, PT, FAFS*** is a graduate of Ithaca College and has over 20 years of physical therapy experience in a variety of patient care settings. Since 2000, she has co-owned and operated Williamstown Physical Therapy in Williamstown, MA where the staff continues to push the limits of integrating the latest in movement techniques for optimal evaluation and treatment. Jennifer has been able to blend her medical knowledge with her passion for understanding human movement and caring for a wide range of patient types. Jennifer is a 2008 graduate of the GIFT Program through the Gray Institute and is currently serving as a facilitator for the current 2011 GIFT academic year.



***Keith Bozyk, ATC, FAFS*** is an accomplished Certified Athletic Trainer, Lecturer, and Coach with a vast understanding and application base of Applied Functional Science™. Keith attained his MS in Rehabilitative Science from Clairion University. Keith holds a Bachelor of Science in Exercise Science from Adrian College (Adrian, MI). While at Adrian College, Keith was a standout pitcher and later spent several years in professional baseball. Keith is also an inaugural graduate of the Gray Institute for Functional Transformation (GIFT) where he now serves as a GIFT Fellow, Facilitator, and Faculty Member. Keith spent six years as the Director of Sports Medicine for Gary Gray Physical Therapy Clinics. He currently resides in Adrian Michigan with his wife and two children.



***Kim Caborn, PT, ATC, FAFS*** is a Physical Therapist and Athletic Trainer that has worked primarily in Orthopedic and Sports Medicine. She has had the honor of working with all levels of athletics from little league to professional. She is a continuing student of Applied Functional Science™ and a first year GIFT Fellow (FAFS) of the GIFT Program. Her true passion is mentoring and motivating individuals, as well as sharing the concepts of functional transformation.



**Jessica Chesser, MSPT, FAFS** feels blessed to have met Gary Gray while she was still a high school student. It was then that Jessica decided that she wanted to be able to impact the lives of people as she had been impacted during her first glimpses into the world of physical therapy. Jessica graduated magna cum laude with a masters degree in 1998 and continues to feel blessed every day to have the privilege to serve others through physical therapy. Since becoming a physical therapist Jessica has managed two different Gary Gray Physical Therapy clinics while the clinics were still owned by Mr. Gary Gray. Jessica now owns two independent clinics in Michigan. Jessica felt called to form a business model where God could be the central piece which drove all the business decisions and with Gary Gray's support the clinics have witnessed great success.



**Christina M. Christie PT, CCE, FAFS** is a Senior Physical Therapist and Women's Health Manager at an outpatient Physical Therapy clinic in Morton Grove, IL. She is a Fellow of Applied Functional Science™ (FAFS) and is certified in Functional Manual Reaction™ (FMR), as a graduate from the Gray Institute's GIFT Program. Ms. Christie specializes in the evaluation and treatment of the women's health patient including pregnancy, incontinence / pelvic floor dysfunction and orthopedic/sports related injuries. Ms. Christie is the President of Pelvic Solutions, LLC and is a Facilitator for the Gray Institute. She has developed the FeMale Chain Reaction™ Course for the Gray Institute, as well as invented both the Pelvicore exercise tool and Pelvicore Fusion technique.



**Rich Colosi, PT, DPT, FAFS** is a Senior Physical Therapist at Redefined Fitness and Physical Therapy in Wilmette, IL. He is a Fellow of Applied Functional Science™ (FAFS), and is certified in Functional Manual Reaction™ (FMR). He is now a facilitator through the Gray Institute for GIFT students nationally, as well as internationally. He specializes in orthopedic injury / post-surgical rehabilitation, women's and men's health, with a concentration on rehabilitating the mind, body, and spirit of the male and female athlete and client. Rich developed the FeMale Chain Reaction™ CEC for the Gray Institute and works with Pelvic Solutions LLC, as Vice President, furthering the development of functional fitness products and educational DVDs.



**Ron DeAngelo, M.Ed., L/ATC, CSCS, FAFS** is a Performance Enhancement Specialist and has a wide range of experience and education in sports medicine and sports performance training. He earned a Bachelor of Science in Physical Education from St. Bonaventure University in 1981 and received his Certification in Athletic Training from the State University of New York at Cortland in 1984. He also earned a Master of Education with a Sports Medicine concentration from the University of Central Florida in 1990. In addition, Ron holds several certifications including: Athletic Trainer – National Athletic Trainers Association (1984); Strength and Conditioning Specialist – National Strength and Conditioning Association (1990); Performance Enhancement Specialist – National Academy of Sports Medicine (2001); and Fellow Applied Functional Science™ – Gray Institute (2008).



**Vance Ferrigno, FAFS** is an internationally renowned strength and conditioning coach and accomplished exercise physiologist with a deep understanding of, and experience in, human biomechanics. He has worked extensively with a variety of populations on sports performance and corrective exercise. He has co-authored a book entitled "Training for Speed, Agility and Quickness" (Human Kinetic Publishers). Additionally, Vance's background has included working with junior athletes at the local, high school, collegiate, and professional levels. Most notable of his client list is four time Gold Glove shortstop Tony Fernandez and PGA Tour winner Bernhard Langer. He has also sat on the advisory boards and committees of various sports medicine entities (including the Tony Fernandez Baseball in the Dominican Republic, the NSCA National and State Conference Committees, the NSCA Journal Review Board, and the Certification Director for the American College of Sports Medicine).



**Sue Grant, FAFS** is certified Master Instructor for FallProof, an internationally recognized Balance and Mobility training program, is also certified by the American Council on Exercise. In addition, she is proud to be a Fellow of Applied Functional Science with the Gray Institute for Functional Transformation. Sue holds a Professional Certificate in Fitness Instruction and Exercise Science from UC San Diego, specializing in both Personal Training and Group Fitness Instruction. She is a certified Older Adult Fitness Specialist. Most importantly, Sue's lifelong love for fitness is contagious – she is passionate about helping Older Adults stay fit and active at any age!



**Brad Gray, FAFS** is a man of many traits as he is well-rooted in Applied Functional Science™ and biblical context / history, in addition to being a proven athlete, author, and lecturer. Brad earned a bachelor's degree in Business Management from Cornerstone University (Grand Rapids, MI), a Masters of Divinity from Western Theological Seminary (Holland, MI), and extended his graduate studies in Jerusalem, Israel. Currently, he leads biblical study trips to Turkey and Israel, and serves as the Lead Teaching Pastor at Solomon's Porch (Jenison, MI). Additionally, Brad serves as a faculty instructor for the Gray Institute (Adrian, MI), and assists with a discipleship ministry called Under the Fig Tree Ministries (Holland, MI). Brad lives in Holland, MI with his wife, Shallon, and their two children, Denyon and Aryah.



**Cynthia Gray, FAFS** is an educator, volunteer, and a motivational speaker. Cynthia's passion and expertise is in Sign Language, the ultimate and universal movement-based language. The State of Michigan recognized Cynthia as a symbol for compassion and caring women, and in enlightening and uplifting young people. Cynthia was a volunteer and mentor for 20 years at the Adrian Training School (ATS) in Adrian, Michigan. ATS was operated under the jurisdiction of the Office of Delinquency Services within the Department of Social Services. The school was closed in 2009 and had been a residential/educational treatment center for adjudicated students between the ages of 12 and 18. It remains the goal and desire of Cynthia and her family to continue to inspire and influence others, beginning in one's own backyard and community.



**Doug Gray, FAFS** is an accomplished young businessman, entrepreneur, national lecturer, author, coach, trainer, and athlete with a deep understanding of and experience in *Applied Functional Science™*. He has worked extensively with coaches, trainers, therapists, professional athletes, children, and parents. Doug currently is the Director of GIFT (Gray Institute for Functional Transformation), as well as a Faculty Member and Fellow of *Applied Functional Science™* (FAFS). He annually co-directs, coaches, and trains at Hot Rock Training Camp and 3D Personal Conditioning Camp, as well as coaches and trains at Girls of Summer Camp. He has participated in the development, production, and delivery of numerous seminars and videos / DVDs dealing with functional prevention, rehabilitation, and performance enhancement.



**John Hardy, MSc, FAFS** is a world-renowned author and lecturer, as well as personal trainer, coach, entrepreneur, and consultant who joined the fitness industry in 1994 as a Sports Performance Coach. John specializes in rehabilitation and injury prevention, as well as high level physical performance. For the past 16 years, John has achieved continual professional education from the following subject-matter-experts and organizations: Gary Gray and Dave Tiberio / Gray Institute (Fellow of Applied Functional Science™), FAKTR-PM – Stool Assisted Massage, Fascial Manipulation – Antonio Stecco, Bob Esquerre, Managing Co-Director, Esquerre Fitness Group International, National Academy of Sports Medicine, National Strength and Conditioning Association, and Functional and Kinetic Treatment with Rehabilitation Technique. John is also the founding Partner of FASTER Health and Fitness, a global education company with exclusive Personal Training venues in London.



**Jay Inman, PT, FAFS** is a Physical Therapist from Medina, Ohio. Jay is a graduate of Ohio University holding a Bachelors of Science degree in Physical Therapy. From 1990 to 1995, Jay was employed at Doctors Hospital in Columbus, Ohio where he performed extensive training in lower-extremity functional biomechanics, biomechanical foot orthosis, and human function. In late 1995, he began working for Medina General Hospital as coordinator of outpatient satellite sports medicine offices. Jay is a Fellow of Applied Functional Science™ (2007). He continues to utilize his knowledge of functional biomechanics through two physical therapy clinics, as well as performing golf swing analysis for Medina General Hospital's Sports Quarters. Jay also works with private clients in the areas of functional strength training and conditioning. Jay is active in his community, coaching in several athletic organizations.



**Brian Kirby, MSPT, FAFS** is a Physical Therapist from Philadelphia, PA. He received his Masters of Science degree in Physical Therapy at Misericordia University in 2000. Brian has studied and implemented various approaches to orthopedic physical therapy over the past 10 years and was introduced to Applied Functional Science™ in 2005. He became a Fellow of Applied Functional Science™ in 2007 and has been guest lecturing on its application in Physical Therapy clinics in the Philadelphia area for the past 3 years. Brian is active in the community with coaching his children's sports teams and has implemented some sports-specific conditioning and injury prevention programs for some of the local grade school and high school sports teams in his area. He is also an affiliate running shoe fitter / running mechanics analyst for the Somnio running shoe company.



**Santiago McCarthy, FAFS** has worked as a personal trainer in New York City for the past seven years. Raised in Sao Paulo, Brazil, he holds a degree in Physical Education with a specialization in Physiology. In addition, he holds certificates as a Medical Exercise Specialist (MES), Sports Performance, Strength and Conditioning Coach, NASM, and RKC. After a successful career in Martial Arts, Santiago has dedicated the past twenty years to working with a range of clients with specific needs—from rehabilitation and injury prevention to performance enhancement. Today, as a Fellow of Applied Functional Science™ he seeks to improve the quality of life of his clients through the utilization of techniques and strategies based on the unified principles of Applied Functional Science™.



**Patrick McCloskey, DPT, CSCS, FAFS** was granted his MS in Exercise Physiology from West Virginia University in 1988. Pat is employed by One To One Fitness in Washington DC as a professional trainer and has been the Director of Education for over 20 years. He has trained hundreds of personal trainers and has had the privilege of training players competing in the NBA, MLS, NCAA, as well as provided consulting services to both NBA and Division I soccer teams. Over the years, he has enjoyed certifications with NASM, NSCA, and Functional Movement.com. In recent years, his professional days have included more problem solving implementing principles and strategies of Applied Functional Science™ for clients struggling with glitches and inefficiencies in their movement. Recreationally, he coaches high school basketball and soccer while he and his wife Shani, an acupuncturist, raise their two beautiful kids, Kai and Keira, in Vienna, Va.



**Lenny Parracino, FAFS** is a former author, hands on instructor and clinician for The National Academy of Sports Medicine. Currently, he serves as a faculty member of the Gray Institute of Applied Functional Science. He has spent over 20 years serving the health industry as an international lecturer, soft tissue therapist and movement therapist. Lenny has performed over 300 lectures/workshops, has written educational materials and consulted/lectured in the fitness, educational industry and for various medical organizations around the world. Lenny has earned his degree in Health Science, is a Fellow of Applied Functional Science, holds a California certification/license to practice soft tissue therapy. As a full time clinician, he integrates an eclectic approach of movement conditioning with Dr. Vince Guagliano and Dr. Carina Escudero at AIM Sports Medicine in Hermosa Beach, California.



**Natasha Roberson, ATC, LMT, FAFS** is a licensed Athletic Trainer and Massage Therapist in the states of Michigan and Ohio. Her degree in Athletic Training is from University of Toledo (Toledo, OH). She has then furthered her training with Massage Therapy from Northwest Academy of Massotherapy (Maumee, OH). Natasha has a range of treatment experience in all varieties of musculoskeletal disorders, chronic pain, headaches, neurological problems, and accident injuries, as well as low back, neck, and shoulder pain. Currently, she employs a combined treatment approach of traditional and alternative manual and evaluation skills to address the whole body. Her work primarily focuses on Applied Functional Science™, Trigger Point therapy, and Myofascial release.



**Serge Saithsoothane, FAFS** is a foreign trained physical therapist. Since then he has extensively studied biomechanics, manual therapy, and functional science. He is an international speaker, as well as a Faculty Member at IFMK in Martinique, French West Indies, and as a Lecturer at Hardin and Simmons in Abilene, Texas. He is currently working in a private practice for the past eight years.



**John Sallade, DPT, SCS, ATC, FAFS** is a board certified Doctor of Sports Physical Therapy in Fleetwood PA where he manages one of seven sites for Reading Berks Physical Therapy. He is a 2007 graduate and Fellow of Applied Functional Science with the Gray Institute. He has authored three articles for peer reviewed journals and three course manuals on lower extremity biomechanics and functional exercise. He teaches regularly at three physical therapy schools in the Philadelphia area and has been a lecturer at numerous local, state, national and international conferences including the Army Medical Corps in Europe. He has been married to his wife, Anna, for 32 years and boasts four children and two grandchildren.



**Eugénio Santos, FAFS** has been in the Fitness Industry for over 22 years. Eugénio started working as a Massage Therapist, and is now a Certified Personal Trainer (NASM-CPT). He was Technical Coordinator of Health Clubs in Lisbon, and has been a lecturer in several courses of Integrated Training. Furthermore, Eugénio is a Founding Partner of TRX in Portugal, as well as a Muscle Activation Techniques (MAT) specialist. He continues to develop his knowledge in Applied Functional Science™ by being a Fellow of the Gray Institute's GIFT Program.



**Logan Schwartz, CSCS, MEd, FAFS** is in his fifth season with the University of Texas (UT) Basketball Program, serving as the Assistant Basketball Strength and Conditioning Coach. Schwartz received both his bachelor's degree (Kinesiology, Health Promotion and Fitness, 2002) and his master's degree (MEd in Kinesiology with a specialization in Exercise Physiology, 2004) from UT. Prior to joining the UT staff, Schwartz spent the last four years in the private sector. He worked at Austin-based Train 4 The Game as a performance specialist/strength coach and Director of the Intern Program, while continuing to volunteer his time with Texas Basketball. Schwartz is a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association, and is a Fellow of Applied Functional Science (FAFS) by the Gray Institute for Functional Transformation (GIFT) as well as a PlayCoachMate for GIFT. Logan is also a practitioner for the prescription and fabrication of Biomechanical Foot Orthoses.



**Joel Thomas, FAFS** has earned his Master of Science Degree in Movement Science at University of Idaho, his Master of Education Degree in Intercollegiate Athletic Leadership at the University of Washington, is a Fellow of Applied Functional Science™, holds an international certification to practice Functional Manual Reaction™, and is a certified ACSM Health Fitness Specialist®. He is a former NCAA Division I Strength & Conditioning Coach and has spent over 15 years serving the health and fitness industry as a national lecturer, athletic engineer, master trainer, assistant director of the 20/20 Lifestyles Clinic, and movement specialist. He performs movement conditioning, strength training, sports specific conditioning, and general nutritional consulting at Out of Bounds Fitness in Seattle, Washington (which he started in 2007).



**Willem Timmermans, FAFS** is a Physiotherapist and business owner in Physiotherapy, Personal Training and Personal Development in sports. Willem is always looking to improve himself in his job and has leveraged his education into further developing the concept "Transform yourself into an athlete," a personal development program in sports. Willem was a soccer youth trainer for 20 years but is primarily training adult (professional) athletes and teaching his specialities in injury prevention, performance training, and rehab to players, coaches, and trainers. In order to share his knowledge and expertise in soccer, his company Act2Prevent created a DVD entitled "Injury Prevention and Strength Training by Mobility and Flexibility."



**Michael Van Gilder, DPT, FAFS, CSCS** is a physical therapist and Fellow of Applied Functional Science™ (FAFS) in San Diego, CA. He has been practicing Applied Functional Science™ (AFS) in his clinics since 2002. As a principal in two physical therapy/sports performance practices, Rehab United and Longevity Physical Therapy, Mr. Van Gilder has had the privilege of positively impacting hundreds of patients' lives through the application of AFS principles, strategies, and techniques. He continues to seek to expand on his AFS knowledge by regularly participating in GIFT educational opportunities. Mr. Van Gilder and his wife, Sandra, also a FAFS and physical therapist, and their two young daughters live in Encinitas, CA. Mr. Van Gilder continues to prove the truth of the principle of gravity by regularly and slowly running and cycling the hills of San Diego.



**Andrea Wasylow, FAFS** has been a licensed physical therapist, athletic trainer, and massage therapist for nearly 20 years. She has had the opportunity to study, utilize and teach Applied Functional Science throughout her career and earned a Fellowship in Applied Functional Science in 2007. Though most of her performance enhancement, injury prevention and rehabilitation experience has been done helping competitive athletes, she has had the opportunity to work with all age groups in nearly every type of physical therapy setting and enjoys the universal application of Applied Functional Science. Additionally Andrea enjoys coaching youth soccer, basketball and field hockey.



**Robert Wiersma, PT, FAFS** is a Fellow of Applied Functional Science™ whose professional credentials include Licensure in Physical Therapy and Board Certifications in both Ergonomics and Human Factors Engineering. Bob's professional career spans 3 decades and includes clinical, management, executive, consulting, ownership, and board roles with for-profit and not-for-profit national and international organizations. His interests lie at the intersection of leadership, entrepreneurship, innovation, and performance in the business of health. Additionally, Bob is the Founder and President of Performance Builders, LLC, which serves as business and technical advisors to companies and professionals with health, rehabilitation, ergonomic, and fitness interests. Bob is always interested in exploring new business opportunities and innovative ideas.



**Wendy Willis, MA, FAFS** has been in the fitness industry for over fifteen years. She is the owner of West End Fitness, a personal training studio in Santa Cruz, California. Her specialty is therapeutic/rehabilitation training with an emphasis on three-dimensional flexibility, movement, and strengthening exercises. Wendy has a Master's Degree in Exercise Physiology from San Jose State University and is a Fellow of Applied Functional Science™ through the Gray Institute.



**Kerry Wimberly, ATC, LAT, FAFS** is a graduate of Texas Tech University where he earned his Degree in Athletic Training. He is also licensed in Texas and holds a national certification by the N.A.T.A for over 22 years. For over 22 years, Kerry has been an owner/partner in Lubbock Sports Rehab, and specializes in performing treatment for musculoskeletal injuries. He has treated numerous high school, collegiate, and professional athletes by creating an environment that allows the athletes to recognize and achieve their functional goals. Kerry has served as the Athletic Trainer for Smyer ISD for over 14 years. Smyer currently is the Texas class 1A two-time defending state champions in Girls Basketball.



**Adam Wolf, PT, LMT, FAFS** is a Physical Therapist and Massage Therapist living in Chicago. He is a Fellow of Applied Functional Science (FAFS) through the Gray Institute and an Elite Provider of Active Release Technique (ART), a soft tissue management system for scar tissue, adhesions and peripheral nerve entrapment removal. Adam earned his Physical Therapy Masters of Science degree from The George Washington University; as well as his BS in Exercise Science from the University of Kansas and a Massage Therapy License from The New School for Massage, Bodywork & Healing of Chicago. With over 15 years of experience in the fitness and rehabilitation industries, Adam owns & treats for the Rehab division of Redefined Fitness & Physical Therapy, with 2 locations in Chicago, and also presents internationally to fitness and rehabilitation professionals.



**Todd Wright, FAFS** has been the Head Strength and Conditioning Coach for the University of Texas Men's and Women's Basketball teams for the last 13 years. In that time, he has helped the team reach the NCAA Tournament all 13 years, with 5 Sweet Sixteen appearances, 2 Elite Eight appearances, and a trip to the Final Four in 2003. Todd takes a vested interest in the development of his players and has helped 13 players get drafted into the NBA. He is also very active in the fitness industry, as he is a regular on the Perform Better summer speaking circuit. He currently lives in Austin with his wife Kate and three children Hannah, Abigail, and Chance.

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