



KinActive University

Fall 2025 Syllabus



KinActive's Core Foundations

All Clinicians

- Clinical Foundations
- Guide to the 4th Trimester
- Biomechanics of Rolling
- Biomechanics of Sitting
- Biomechanics of Crawling
- Biomechanics of Walking

PT/OT Syllabus



Week 1 - 9/8

Back to Basics: How To Use Common Postural Patterns to Treat the Complex Patient

- How to identify 3 key atypical postures including floppers, flingers, leaners
- Effective evaluation and categorizing clinical finding based on postural patterns
- Facilitation techniques and treatment strategies

Lab: Review proper positioning and facilitation techniques for optimal results

Week 2 - 9/15

Hypotonia

- Understanding Hypotonia using a “full body” approach
- Common joint and muscle compensations
- Effective treatment strategies and facilitation techniques based on skill
- Intervention modifications

Lab: LIVE session review

Week 3 - 9/22

SIT Happens: Cracking the Code of How to Teach and Master Sitting in the Hypertonic CP Child

- Review of hypertonia, common synergist patterns and facilitation techniques based on patient presentation
- Teaching the 6 P's sitting and modifications based on the atypical client
- Effective treatment strategies

Lab: Session Review

Week 4 - 9/29

Steady Steps: Balance and Walking Strategies

- Ankle alignment; what's typical and what is not
- Shoes and Orthotics; what kind and when
- Treatment modifications for Pre-Walking Steps
- Lab: Balance and Walking Strategies based on patient presentation

Week 5 - 10/6

Live: Clinician Case Study - Joint Live with Matt

Week 6 - 10/13

Live: Clinician Case Study

Chiropractic Syllabus



Week 1 - 9/8

Pediatric Adjusting Basics - Part 1

- Pediatric adjusting basics
- Assessment & analysis for littles
- Quick guide to treating kids birth - 2 years

Lab: Pediatric Adjusting 101

Week 2 - 9/15

Pediatric Adjusting Basics - Part 2

- Pediatric Adjusting - Upper Body Focus
- Pediatric Adjusting - Lower Body Focus
- Adjusting Flow Charts for Gross Motor Milestones

Lab: Pediatric Adjusting Deep Dive

Week 3 - 9/22

Establishing the Cross-Crawl Pattern in Kiddos

- Pre-crawling prep
- Spotting red flags early
- Helping floor transitions for independence

Lab: Crawling Prep & Pattern Correction

Week 4 - 9/29

Adjusting Kiddos For Standing & Walking

- Adjusting strategies for pelvis, SI joints, and lower limbs to prep for upright control
- How to recognize (and build) standing confidence through chiropractic + purposeful play
- Supporting balance, coordination, and alignment during early walking patterns

Lab: First Steps That Stick

Week 5 - 10/6

Pediatric Postures that delay gross motor development

- Flingers
- Floppers
- Leaners

Lab: Joint Clinician Case Study with Emily

Week 6 - 10/13

Live: Clinician Case Study