

The Thorax and Whole Body Function

An Evening Lecture with Dr. Linda-Joy (LJ) Lee:
Scientific Evidence & Clinical Perspectives from ConnectTherapy™ & the
Thoracic Ring Approach™

The thorax forms the largest region of the spine and trunk and is essential for respiration, while ensuring effective transfer of loads for optimal whole body function and performance. There are multiple mechanisms by which a dysfunctional thorax, whether painful or pain-free, can be “the primary driver” for pain and problems anywhere from your head to your toes. In fact, the thoracic rings may be the missing link to your patient’s recovery and limited performance.

In this lecture, Dr. Lee (LJ) will present scientific and clinical evidence, illustrating how dysfunctional thoracic rings can be the underlying cause for conditions as diverse as groin pain/ hip impingement, achilles tendino-pathy, neck pain, loss of “core stability”, lumbopelvic pain, incontinence and shoulder problems.

Come be inspired by this internationally recognized clinician, as LJ provides a window into her almost two decade long journey into the thorax - from clinical observations, personal experiences, and PhD research that has contributed to the development of her innovative Thoracic Ring Approach™. After this evening you will have a new appreciation of the many connections between the thorax and the rest of the body and the essential role that the thorax plays in optimal whole body function and performance.



Lecture Format

Lecture will include examples using clinical videos of patient cases and time for questions.

Date: Wednesday 6 July 2016
Time: 6:30 - 9:00pm
Location: The University of Melbourne
Department of Physiotherapy
Theatrette Room 219
200 Berkeley St
Carlton, Melbourne

Cost: \$55 including GST

Register: An Evening with LJ at UoM

About Dr. Linda-Joy (LJ) Lee

PhD, BSc, BSc(PT), FCAMPT, MCPA, MAPA

Dr. LJ Lee is recognized internationally as a skilled educator, clinician and researcher. She is the creator of ConnectTherapy™ and the innovative Thoracic Ring Approach™ to assess and train the integrated function of the thoracic spine-ribcage complex.

Inspired by connectedness throughout the body, LJ is known for her unique way of looking at total body function, integrating specific manual assessment into functional, meaningful task assessment, and retraining optimal strategies for movement and performance with prescriptive exercise programs. *Finding the Driver* and *Meaningful Task Analysis* are key developments from LJ’s *Thoracic Ring Approach* that became part of *The Integrated Systems Model* (Lee & Lee), and LJ’s ConnectTherapy model.

In addition to mentoring her clinical team and seeing patients at Synergy Physiotherapy (North Vancouver, Canada), LJ is an Associate Editor for the BJSM, an Honorary Senior Fellow at The University of Melbourne, an Assistant Clinical Professor (Adjunct) at McMaster University (Hamilton, Ontario, Canada) and an Associate Member of the Centre for Hip Health and Mobility (Vancouver). She completed her PhD on Motor Control and Kinematics of the Thorax at The University of Queensland.

