

Jason to present at NSCA Coaches conference

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Push, Pull, & Propulsion – the 10-20-30-40 Concept
by Jason Masek, PT, ATC, PRC, CSCS

Lecture

1. Assess structural influences and dysfunctional movement patterns across the ankle, knee, and pelvis that predispose injury.
2. Identify positional interrelationships involving lower extremity push and pull patterns and their effects on function, posture, and performance.
3. Learn how to optimize movement patterns and athletic performance by using objective evaluations/screening findings and corrective guidelines.

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We are proud to announce that Jason Masek will be presenting at the annual NSCA Coaches conference in Jan 2018. Click here for more information and details on the NSCA Coaches conference.

<https://www.nasca.com/Coaches2018/>