

35TH YEAR OF SEMINAR SERIES

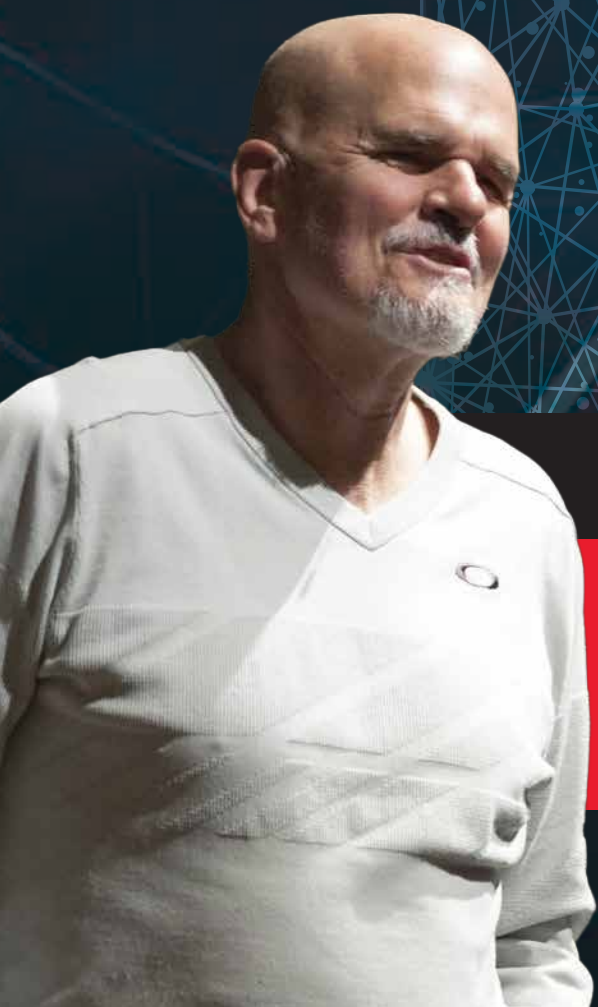


**GRAY INSTITUTE**<sup>®</sup>

PROUDLY PRESENTS

**CHAIN  
REACTION**<sup>®</sup>

**EVIDENCE-BASED**



2-DAY LIVE EXPERIENCE

LEARN DIRECTLY FROM

**DR. GARY GRAY**

"FATHER OF FUNCTION"

## WE MOVE IN THREE PLANES OF MOTION.

Why have we been taught in only one dimension, especially when it comes to joints and muscles?

## THE BODY MOVES AS A CHAIN REACTION®.

Why have we been taught as if one part of the body does not influence - and is influenced - by the other parts of the body?

## TREATMENT AND TRAINING SHOULD BE INDIVIDUALIZED.

Why have we been taught that one-size-fits-all?

**CHAIN REACTION® HAS BEEN ASKING - AND ANSWERING - THESE QUESTIONS LONGER THAN ANY OTHER IN THE INDUSTRY.**

# 2-DAY LIVE EXPERIENCE REGISTER TODAY AT [GRAYINSTITUTE.COM](http://GRAYINSTITUTE.COM)

**OCTOBER 7-8**  
**ROSEMONT, IL** ★  
DONALD E. STEPHENS CONVENTION CENTER  
(5555 NORTH RIVER ROAD,  
ROSEMONT, IL 60018)

★ **OCTOBER 21-22**  
**SAN DIEGO, CA**  
CATAMARAN RESORT HOTEL & SPA  
(3999 MISSION BOULEVARD,  
SAN DIEGO, CA 92109)

# \$695

(\$595 "EARLY BIRD" RATE  
THROUGH JULY 31, 2023)

GIFT FELLOWS ARE PROVIDED A  
50% DISCOUNT TO ABOVE RATES

### GROUP RATE DISCOUNTS \*

2-5 People = 10%  
6-10 People = 15%  
11+ People = 20%

For Group Rate registration, please call  
Gray Institute® directly.

\*Applies to "Early Bird" Rate as well.

### WHAT'S INCLUDED (for Each Seminar Registrant):

- Access to 35th Year of Chain Reaction® Seminar
- 2-Day Seminar
- Chain Reaction® Book
- CEUs (16 Contact Hours)
- Certificate of Completion

"I took my first Chain Reaction® seminar in 2006 and my practice was immediately transformed! Even with my very basic understanding of AFS, I was able to connect better with my patients and help them achieve their goals more quickly."



## SEMINAR CONTENT



### PART 1

07:30 AM - 08:30 AM: Registration / Sign-In

08:30 AM - Seminar Start Time

08:30 AM - 12:30 PM: Applied Functional Science®, Principle-Strategy-Technique Process, and Breakout Movement Applications

12:30 PM - 01:30 PM: Lunch (On Your Own)

01:30 PM - 05:30 PM: Traditional vs. Functional Biomechanics, 3D Global Analysis, and Breakout Movement Applications

### PART 2

07:00 AM - 08:30 AM: Optional Movement Application / Group Workout

08:30 AM - 12:30 PM: Traditional vs. Functional Biomechanics, Proprioceptors, and Breakout Movement Applications

12:30 PM - 01:30 PM: Lunch (On Your Own)

01:30 PM - 05:30 PM: Movement Variables, Case Studies, and Breakout Movement Applications

\* Please see Chain Reaction® Objectives for additional context to above information.



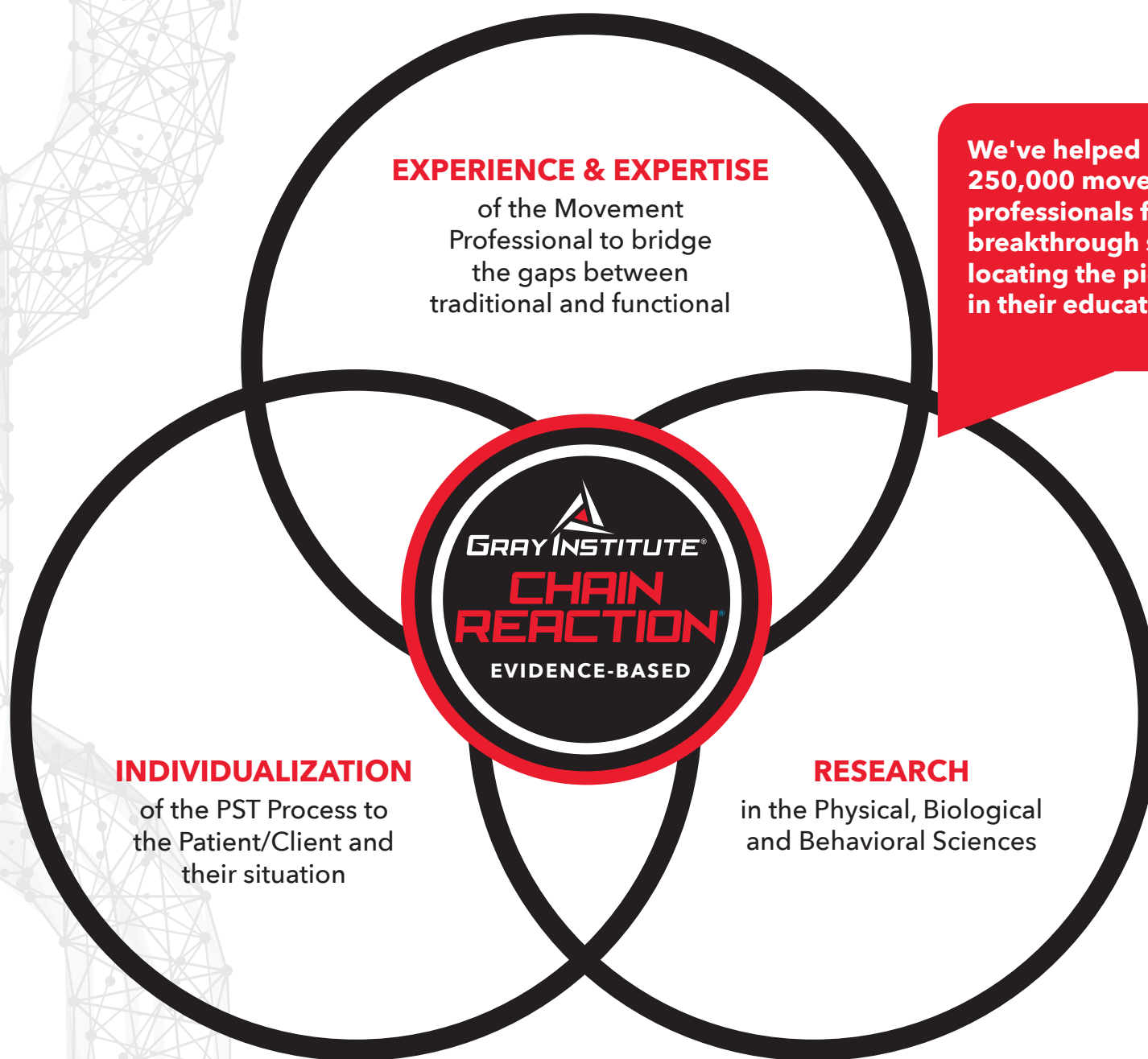
[www.grayinstitute.com](http://www.grayinstitute.com)



5353 West US-223, Suite B, Adrian, MI 49221



866.230.8300 / 517.266.4653



We've helped more than 250,000 movement professionals find breakthrough success by locating the pieces missing in their education.

**EXPERIENCE & EXPERTISE**

of the Movement Professional to bridge the gaps between traditional and functional

**INDIVIDUALIZATION**

of the PST Process to the Patient/Client and their situation

**RESEARCH**

in the Physical, Biological and Behavioral Sciences



**LEARN AND EXPERIENCE APPLIED FUNCTIONAL SCIENCE® FIRSTHAND FROM THE SOURCE!**

You are cordially invited to join Dr. Gary Gray ("Father of Function") and Doug Gray for an engaging, encouraging, and empowering seminar.

Learn and experience Applied Functional Science® firsthand from the source. This 2-day event - now into its 35th year - will provide immense value and immediate impact, as well as infused passion for the profession. Equally important, this seminar will allow for immediate implementation and impact for your Patients / Clients / Athletes specific to the areas of Assessment, Prevention, Performance, and Rehabilitation.

Whether you have attended Chain Reaction® in the past or this is your first opportunity, this is an experience you do NOT want to miss. Many participants have commented, "I wish I would have learned this information earlier in my career!"

**PROFESSIONALS INVITED**

Chain Reaction® is designed for any and all practitioners in the Movement Industry, those who want the absolute best for their patients' and clients' needs, wants, and goals. Professionals include, but are not limited to, the following: Physical Therapists, Physical Therapy Assistants, Personal Trainers, Strength and Conditioning Coaches, Physicians, Chiropractors, Athletic Trainers, Osteopaths, Occupational Therapists, and Coaches (of any level and of any sport / activity).

**REGISTRATION**

You may register online at [www.GrayInstitute.com](http://www.GrayInstitute.com) or you may call Gray Institute® at 866.230.8300 / 517.266.4653. Please register early. Confirmation of registration and receipt for tuition will be sent to you via email.

**CONTACT HOURS / CEUS**

Chain Reaction® is approved through a variety of organizations. Please be sure to view Gray Institute's website for updated information on Contact Hours / CEU's. Please note, too, that Gray Institute is able to supply participants with specific information pertaining to this seminar if the participants would like to petition for Contact Hours / CEU's in any organization that is not pre-approved!

**CANCELLATION POLICY**

Cancellations must be in writing to qualify for a refund. Cancellations received up to 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 \$50 cancellation fee) if cancellation is received less than 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.





## CHAIN REACTION® OBJECTIVES

By the end of the course, the participant will be able to identify the three fundamental sciences of Applied Functional Science® and how they affect an individual (patient / client / athlete).

By the end of the course, the participant will be able to perform a global 3D movement analysis (3D Global Analysis) for all three planes of motion, as well as emphasize flexibility / mobility and strength / stability within the movements.

By the end of the course, given the results of a 3D Global Analysis, the participant will ascertain the functional abilities of the following: foot / ankle, knee, hips, lumbar spine, thoracic spine, cervical spine, and shoulder / elbow / wrist.

By the end of the course, the participant will be able to design progressive treatment and / or training programs utilizing all three planes of motion based on the 3D Global Analysis.

By the end of the course, the participant will understand the difference of Traditional Biomechanics and Functional Biomechanics (Chain Reaction®) of the following: foot / ankle, knee, hips, lumbar spine, thoracic spine, cervical spine, and shoulder / elbow / wrist.

By the end of the course, the participant will be able to design a treatment and / or training plan incorporating all three planes of motion for the following: foot / ankle, knee, hips, lumbar spine, thoracic spine, cervical spine, and shoulder / elbow / wrist.

By the end of the course, the participant will be able to distinguish and utilize the following variables of movement: action, environment, position, driver, direction, height, distance, load, rate, and duration.

By the end of the course, the participant will be able to understand the Prevention, Performance, and Rehabilitation strategies - and potential movement progressions - for the following:

- Hip flexor strain / tightness;
- Hamstring strain;
- Ankle sprain;
- Plantar fasciitis;
- Achilles tendonitis;
- Patellar tendonitis;
- ACL;
- Low back pain / tightness;
- Thoracic spine dysfunction;
- Whiplash / acute cervical pain;
- Elevation impingement;
- Tennis elbow / lateral epicondylitis;
- Scoliosis;
- And more.

By the end of the course, the participant will understand the Evidence-Based research supporting Applied Functional Science.

By the end of the course, the participant will understand applications of Chain Reaction biomechanics in Fascia and Functional Strength.

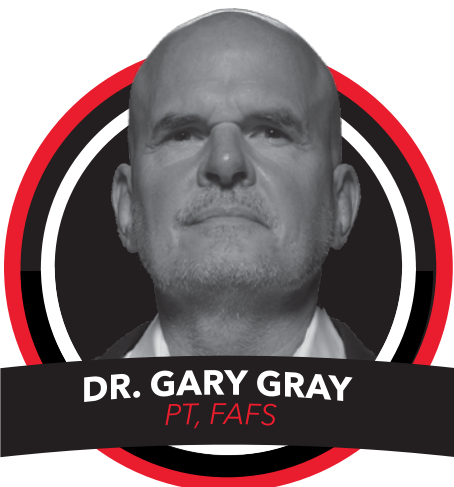




## HOSTS / PRESENTERS

Image is from 3D4Medical's Essential Muscle + Skeletal Anatomy application.

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**DR. GARY GRAY**  
PT, FAFS

Gary is referred to as the "Father of Function" and the leading pioneer and authority in human movement analysis, rehabilitation, training, and prevention. He is highly respected as a physical therapist, trainer, coach, author, mentor, and successful inventor. With over 45 years of experience, Gary has transformed his physical, biomechanical, and behavioral understanding of the body into the most empowering performance-enhancement, injury prevention, and rehabilitation applications. His passion for education and sharing, along with his desire and innovation, allows him to translate the complexities of human function into simple, effective techniques. Through the power of Applied Functional Science®, Gary's goal is to enhance the lives of movement professionals and the lives of those they treat and train. Gary's lifetime of research and education has earned him the John H.P. Maley Award for Outstanding Contributions to Leadership in Research from the APTA (American Physical Therapy Association). Gary serves as the Founder, CEO, and Chief Content Creator of Gray Institute® and GIFT (Gray Institute for Functional Transformation), as well as the Creator, Founder, and CEO of Free2Play® (Free2Play Academy, Inc.®), a dynamic 501(c)(3) organization utilizing movement to transform the lives of children across the world. He is married to Cindi, his 7th grade childhood sweetheart. They share two sons and daughter-in-loves and six grandchildren.

Doug Gray is an accomplished businessman, entrepreneur, national lecturer, and movement specialist with a deep understanding of, and experience in, Applied Functional Science® (AFS). Doug currently is the President of Gray Institute®, as well as serves as Director of GIFT (Gray Institute for Functional Transformation). He has participated in the development, production, and delivery of seminars, certifications, programs, lectures / workshops, and videos / DVDs dealing with functional prevention, rehabilitation, and performance enhancement, including the 3D Matrix Performance Series. Doug pioneered the development and publishing of AFS Nomenclature and co-developed 3DMAPS® (3D Movement Analysis & Performance System). He serves as Member / Officer of Free2Play Academy, Inc.® (DBA "Free2Play®"), a dynamic 501(c)(3) organization teaching Movement Literacy® and Generosity Literacy by utilizing movement to transform the lives of children across the world. He served as an Adjunct Professor at his alma mater, Siena Heights University. Of special note, Doug was an NAIA Division 2 Second Team All-American (basketball). Doug lives in Adrian, Michigan with his amazing wife (married in 2011) and best friend, Valerie, and their amazing blessings - son, Zion Wynn (born October of 2013) and daughter, Lawson Louise (born May of 2016).



**DOUG GRAY**  
FAFS, FMR, CAFS, 3DMAPS

