

Functional Examination & Exercise Prescription for the Lower Extremity

Course Description: Functional Examination & Exercise Prescription for the Lower Extremity is a one-day course focused on functional movement examination and advanced exercise prescription for patient/clients with lower extremity conditions. Key topics include lower extremity biomechanics, examination, exercise prescription and programming principles, exercise progressions and regressions, and plyometrics.

Date: April 25, 2026

Time: 9:00am to 4:30pm

Location: A.T. Still University
5850 E. Still Circle Mesa, AZ 85206

Continuing Competence: 6.5 contact hours

Registration Fees:

- Physical Therapist: \$195
- ATSU Alumni & ATSU Clinical Instructors: \$160
- Groups of 3 PTs or more: \$160 per person
- Student Physical Therapist (DPT program): \$65

Course Instructor: J.A. Graves, PT, DPT
Board Certified Orthopedic Clinical Specialist
Certified Strength and Conditioning Specialist

Objectives:

 Course attendees will -

- Understand lower extremity biomechanics in the context of the human gait cycle.
- Describe principles of exercise prescription, including mobility, strength and plyometric exercises.
- Classify lower extremity exercises according to joint and/or muscle bias.
- Apply the concepts of gait biomechanics to closed chain exercise performance
- Demonstrate proper performance of lower extremity mobility and strengthening exercises
- Evaluate isolated and integrated lower extremity movements
- Evaluate the performance of lower extremity exercises.

Course Agenda

9:00 am	Introduction, objectives
9:10 – 10:00 am	Lecture: Principles & Heuristics, Functional Anatomy & Biomechanical Considerations
10:00 am to 11:30 am	Lecture and Lab: Lower Quarter Mobility Screening
11:30 am to 12:30 pm	Lunch
12:30 to 2:00 pm	Lecture and Lab: Lower Quarter Capacity Screening
2:00 to 3:30pm	Lecture: Programming Considerations and Special Topics
3:30 to 4:15 pm	Case Studies: "Putting It All Together"
4:15 to 4:30pm	Wrap up: Questions and Answers

Instructor Bio



J.A. Graves, PT, DPT, is an Assistant Professor and Co-Director of Clinical Education in the Department of Physical Therapy within the Arizona School of Health Sciences at A.T. Still University in Mesa, AZ. Dr. Graves received his BS in Clinical Exercise Physiology from Central Washington University and his Doctorate in Physical Therapy from Midwestern University in Glendale, AZ. He is a Board Certified Orthopedic Clinical Specialist and Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. His clinical focus has been general orthopedic rehabilitation, upper extremity rehabilitation for the overhead athlete, sports rehabilitation and training/programming for general fitness and athletic populations. Dr. Graves currently operates and practices within a private-pay physical therapy practice and provides athlete performance assessments and return to sport testing using modern sport science technology.

In addition to his teaching responsibilities within the ATSU DPT program, Dr. Graves serves as a faculty mentor and topic lecturer within the A.T. Still University Orthopedic Physical Therapy Residency program.

Dr. Graves' current research projects include workload monitoring in youth athletes using wearable technology and establishing reliability and validity data for the shinbox screen as a measure of hip mobility/range of motion.

In addition to Dr. Graves' role in clinical practice, education and research, he also serves on the NSCA advisory board for the state of Arizona as well as an exercise science advisory council member for Chandler-Gilbert Community Colleges Exercise Science program.