



Performance
Physical Therapies
Institute

PPTI International Continuing Professional Development 2025

Mobility and Stability for Performance (MSP)

Overview

Our Instructors

GREG DEA

BSc, BPhysio(Hons), MPhysiotherapy(Sports)

Greg is a Registered International Sports Physical Therapist with IFSPT with over 22 years servicing military and sporting athletes, coaches and clinicians all over the world. He is a lead instructor for Functional Movement Systems in Australia and New Zealand.

A student of success in physical therapies, he has lived in 5 countries, taught in 9, and visited over 30, to study the toughest athletic environments and what consistently leads to success, efficiency and safety.

He is Head of Medical Services to Frankston Football Club and servant to weekend warriors, state and national champions through to world champions in multiple sports.

He is a global clinical educator and keynote speaker, and a published author on Returning to Field-Sports Running.



Our Instructors

ROD HARRIS

B Economics, BAppSci(Clinical Science),
BOsteopathicScience, Martial Arts Coach

Bored with being a Chartered Accountant, it was Rod's keen interest in Martial Arts that lead to his interest in Osteopathy. After beginning his training with the masters in China, Hong Kong and Japan, Rod became a Melbourne-trained Osteopath, graduating in 2001. Rod is a local Mixed Martial Arts (MMA) coach and former competitor, training MMA fighters at both pro and amateur levels, with a focus on quality movement and injury prevention. He is an instructor for Functional Movement Systems, teaching the clinical assessment, clinical exercise and movement screening and exercise prescription streams, the SFMA and FMS.



Rod now teaches seminars to a wide variety of other practitioners including Osteopaths, Physiotherapists, Chiropractors and Exercise Physiologists throughout Australia and also in New Zealand, Japan and China.

In his spare time, Rod lifts heavy and moves fast, teaches both pro and amateur MMA fighters, takes fitness and mobility classes for regular folk and rides motorbikes whenever he can.



Course Outline

Day 1

9am – 9:10am Introduction

9:10am – 10:00am The Pillar lecture

10:00am – 10:10am Break

10:10am – 10:40am Soft rolling assessment

10:40am – 11:00am Soft rolling lab practice

11:00am – 12:30pm Begin upper and mid-lower cervical spine mobility drills, and begin upper quarter mobility drills - reassess effect on rolling.

12:30pm – 1:30pm LUNCH

1:30pm – 4:30pm Continue upper quarter mobility drills and lower quarter mobility drills - reassess effect on rolling.

Day 2

8:30am – 12:00pm Upper quarter static and dynamic motor control drills

12:00pm – 1:00pm LUNCH

1:00pm – 4:30pm Lower quarter static and dynamic motor control drills



MSP Background

www.ppti.world

Train for Robust Function instead of Compensation and Dysfunction

The exercise drills in this course provide a practical window on 20th and 21st-century rehabilitation, exercise, sports and tactical performance science related to pillar, upper and lower quarter performance behaviours such as rolling, crawling, climbing, chopping, lifting, pressing, pulling, pressing and locomotion. These drills serve as guidelines for specifically improving positions, patterns, and power.

The ability to provide feedback and cueing on movement results and performance and an ability to speak and write about mobility, stability and motor control will be enhanced.

The 2-day workshop, delivered to clinical professionals and fitness instructors, is approximately 14.5 hours of training. Assessment for the course will be by a short answer, true/false and multiple-choice answers in online quizzes completed prior to attending the live course, reflecting a concise and considered reflection of the course.



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