



INSTITUTE FOR ATHLETE REGENERATION

**PHOENIX  
IAR VII 2019 – 2021**

<b>COURSE</b>	<b>PROGRAM REQUIREMENT</b>	<b>DATE</b>
<b>CORE CONCEPTS I</b>	<b>CSOMT / FELLOWSHIP</b>	<b>NOVEMBER 16 - 17, 2019</b>
<b>CORE CONCEPTS II</b>	<b>CSOMT / FELLOWSHIP</b>	<b>JANUARY 4 - 5, 2020</b>
<b>LUMBAR I</b>	<b>CSOMT / FELLOWSHIP</b>	<b>FEBRUARY 15 - 16, 2020</b>
<b>LUMBAR II</b>	<b>CSOMT / FELLOWSHIP</b>	<b>MARCH 28 - 29, 2020</b>
<b>SIJ</b>	<b>CSOMT / FELLOWSHIP</b>	<b>MAY 2 - 3, 2020</b>
<b>THORACIC</b>	<b>CSOMT / FELLOWSHIP</b>	<b>JUNE 6 -7, 2020</b>
<b>CERVICAL I</b>	<b>CSOMT / FELLOWSHIP</b>	<b>JULY 11 - 12, 2020</b>
<b>CERVICAL II</b>	<b>CSOMT / FELLOWSHIP</b>	<b>AUGUST 15 - 16, 2020</b>
<b>LOWER EXTREMITY</b>	<b>CSOMT / FELLOWSHIP</b>	<b>SEPTEMBER 19 - 20, 2020</b>
<b>UPPER EXTREMITY</b>	<b>CSOMT / FELLOWSHIP</b>	<b>OCTOBER 24 - 15, 2020</b>
<b>EXAM I</b>	<b>CSOMT / FELLOWSHIP</b>	<b>DECEMBER 5 - 6, 2020</b>
<b>ADVANCED LUMBAR / SIJ</b>	<b>FELLOWSHIP</b>	<b>JANUARY 9 - 10, 2020</b>
<b>ADVANCED CERVICAL / THORACIC</b>	<b>FELLOWSHIP</b>	<b>MARCH 20 - 21, 2021</b>
<b>ADVANCED LOWER EXTREMITY</b>	<b>FELLOWSHIP</b>	<b>APRIL 24 - 25, 2021</b>
<b>ADVANCED UPPER EXTREMITY</b>	<b>FELLOWSHIP</b>	<b>JUNE 5 - 6, 2021</b>
<b>SPECIAL TOPICS I</b>	<b>FELLOWSHIP</b>	<b>JULY 17 - 18, 2021</b>
<b>SPECIAL TOPICS II</b>	<b>FELLOWSHIP</b>	<b>AUGUST 21 - 22, 2021</b>
<b>EXAM II</b>	<b>FELLOWSHIP</b>	<b>SEPTEMBER 25 - 26, 2021</b>
<b>HOME STUDY</b>	<b>FELLOWSHIP</b>	<b>INDEPENDENT</b>