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## On Your Mark to Host Gray Institute Seminar

Medical professionals and members of the general public interested in learning more about hip function will have the opportunity to do so early next month at On Your Mark Coaching and Training's West Loop location.

The fitness studio at 1101 West Monroe will host Gray Institute Seminar: The Functional Hip, on Feb. 7 from 9:30 a.m. to 6:30 p.m. This all-day seminar, led by licensed physical therapist and massage therapist Adam Wolfe, will educate participants on a principle-based approach to assessment testing, prevention, training and rehabilitation related to hip function. As a joint used for power throughout the body, the hip can cause or compensate for a wide range of dysfunction. To address that, attendees will learn more than 50 new hip techniques for patients or clients, the science of "Tweakology," and receive an introduction to Hip Functional Manual Reaction.

The course earns Continuing Education Units for any national accreditation. To learn more, visit On Your Mark's [website](#).