



# Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

## Building a Profitable & Prosperous Business in Post-Rehabilitation

With an aging and active population, specialists in post-rehabilitation are in demand more than ever. Learn how to establish a prosperous business in this demanding market through successful networking strategies that will generate a profitable return while providing you endless reward in your field of work. Participants will leave this workshop with a full portfolio of tools needed to immediately generate an increase in referrals within the post-rehab industry.



Visit [www.EXrehab.com](http://www.EXrehab.com) for full outline and pre-requisites.

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**CONTINUING EDUCATION CREDITS:** 7.0 BCRPA / 7.0 BCAF / 7.0 CMTBC / CSEP 7 PDC

**LOCATION:** YWCA Hotel / Residence - 733 Beatty Street - Vancouver, BC

**ROOM:** Royal Bank Room

**DATES:** Saturday, November 17, 2007 - 8:45 am to 5:00 pm (7 hour course)

**COURSE FEE:** - Full-time University / College Student \$119<sup>plus GST</sup> / After November 2 - \$129<sup>plus GST</sup>  
- Health & Fitness Professional \$149<sup>plus GST</sup> / After November 2 \$169<sup>plus GST</sup>

**TO REGISTER OR FOR MORE INFORMATION:** - Visit [www.HealingThroughMovement.com](http://www.HealingThroughMovement.com)  
- Call **Rick Kaselj** at (604) 532-5248



**Tara Keller**, Hons. B.Sc. (KIN), RK, MES

Tara Keller obtained her Kinesiology degree from the University of Waterloo in Ontario. She was a graduate of the Co-operative program and focused her studies in neuromuscular retraining, motor learning and movement disorders. Tara is a Registered Kinesiologist and is certified as a Medical Exercise Specialist through the American Academy of Health, Fitness & Rehab Professionals (AAHFRP).

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## The Joint Replacement Client: Pre and Post-op Exercise Guidelines

with Jody Kennett

This day long joint replacement course is designed to help exercise specialists understand the complexities of joint replacements and to focus on the specific goals of both pre and post operative exercise selection. The course will provide you with the knowledge and confidence to create safe and effective exercise programs. You will be provided with a comprehensive manual that details all aspects of joint replacements from the surgical procedure to exercise programming to creating your own class.



Visit [www.EXrehab.com](http://www.EXrehab.com) for full outline and pre-requisites.

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**CONTINUING EDUCATION CREDITS:** 7 BCRPA / 7 BCAF / 7 CMTBC / CSEP 7 PDC

**LOCATION:** YWCA Hotel / Residence – 733 Beatty Street (Beatty & Robson / 1 Block from Stadium Skytrain Station) - Vancouver, BC **ROOM:** Canfor Room

**DATES:** Saturday, November 17, 2007 - 8:15 am to 5:00 pm (7 hour course)

**COURSE FEE:** - Full-time University / College Student \$109<sup>plus GST</sup> / After November 2 - \$119<sup>plus GST</sup>  
- Health & Fitness Professional \$139<sup>plus GST</sup> / After November 2 \$149<sup>plus GST</sup>

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**Jody Kennett**, SFU HFC, BCRPA Personal Trainer, ACE Clinical Exercise Specialist, 10 years experience leading Joint Replacement Classes

Along my 14 year journey in the fitness industry I have experienced various roles, but none as rewarding as being a post rehab exercise specialist. For a decade now, it has been a great pleasure to have been immersed in the unique niche of joint replacement exercise leadership instruction.

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## Fitness & Rehab Conference

- November 17 & 18 -

**FITNESS & REHAB CONFERENCE** is designed for Fitness & Rehabilitation Professionals who want to increase their knowledge, skills and success working with Exercise Rehabilitation & Post-Rehab clients.

### Pre-Conference Courses - Saturday, November 17, 2007

#### Building a Profitable & Prosperous Business in Post-Rehabilitation with Tara Keller

Saturday, November 17, 2007 – 8:45 am to 5:00 pm - YWCA Hotel - Vancouver, BC



With an aging and active population, specialists in post-rehabilitation are in demand more than ever. Learn how to establish a prosperous business in this demanding market through successful networking strategies that will generate a profitable return while providing you endless reward in your field of work.

#### The Joint Replacement Client: Pre & Post-Op Exercise Guidelines with Jody Kennett

Saturday, November 17, 2007 – 8:15 am to 5:00 pm - YWCA Hotel - Vancouver, BC



This day long joint replacement course is designed to help exercise specialists understand the complexities of joint replacements and to focus on the specific goals of both pre and post operative exercise selection. The course will provide you with the knowledge and confidence to create safe and effective exercise programs.

### Session 1 – 9:00 am to 11:00 am – Sunday, November 18, 2007

#### Become an Expert in Managing Client Weight Loss, Weight Gain & Bone Density Using the New Body Composition “Gold Standard” Technology with Tara Keller, Peter Schwagly and Ruth Foster



It is common for body composition testing to be performed using bioelectric impedance analysis and skinfold tests, however these tests not only leave a standard error margin of 4-5%. Now your clients can access the one test proven as the “Gold Standard” for its precision, accuracy and reliability that no other test can match.

#### How the Alexander Technique can help you exercise better? with Carrie Wood



We will look at the principles of the Alexander Technique and how it helps with daily movements as well as exercises. We will look at 4 common exercises that trainers and instructors use and how you can teach them better. We will cover movement patterns for trainers to look for and how to address them for better functional training. Educating that movement with less stress and tension is better for the joints and their mobility.

### Session 2 – 11:00 am to 1:00 pm – Sunday, November 18, 2007

#### Neuromuscular Training and ACL Injury Prevention with Jessica Owen



This workshop will provide a general overview of non-contact ACL injuries, including a review of basic knee anatomy, risk factors for these particular injuries and why preventative measures are needed. It will then summarize the current literature investigating neuromuscular training techniques in the prevention of ACL injuries. There will then be some time for practical application of some of these techniques with training routines.

#### Inspiring Healing with Touch with Coral-Lei Schweigert



Increase your awareness of the client's needs in healing and eliminating pain. Understand how to spot muscle tension, muscle spasms and how to apply simple daily techniques that can provide immediate pain relief. Learn about trigger points and referred pain and how tense muscles can prevent the muscles ability to stretch. Experience hands on relief of pain by partnering up. Recognize that the majority of back and leg pain can be relieved by releasing trigger points in the gluteal region (specifically the piriformis).



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## Fitness & Rehab Conference

- November 17 & 18 -

### Session 3 – 1:30 pm to 3:30 pm – Sunday, November 18, 2007

#### Biomechanical Limitations in the Female Athlete: Game-Ready/Rehab Applications for Post-op ACL Injuries with Carmen Bott



Retrospective research has shown that female athletes are 4-6 times more at risk for Anterior Cruciate Ligament (ACL) tears than their male counterparts who play the same sports at an equivalent level (Myer et al 2004). Neuromuscular training is the greatest contributor to dynamic knee stability and offers the greatest potential for intervention and prevention (Myers et al 2004). Female athletes benefit from neuromuscular training because they often display lower baseline levels of strength and power as compared to males.

Training programs can be designed to reduce gender-related differences in force absorption, improve joint stabilization and correct muscle imbalances.

#### Balance Bodies for Improved Performance and Injury Prevention with Alfred Ball



Many clients come to you with postural faults that put them at risk for injury during specific exercises. Our clients' bodies have become imbalanced through work, daily activities and sports. Some muscles may be short and strong, weak and long or short and contracted. Imbalanced muscles work harder and fatigue faster. Is a 'tight' feeling muscle actually short? Too often we choose exercises, stretches and activities that make these imbalances even worse

### Session 4 – 3:30 pm to 5:30 pm – Sunday, November 18, 2007

#### Fall Prevention: Theory and Practice with Chaco Chiswell



Falls are the leading cause of injury among people 65 years and older, and the second leading cause of injury-related hospitalizations for all ages. The good news is the risks of falls can be reduced up to 50% with a proper falls prevention program. Find out the risks and what you can do about it!

#### Analysis of Bellydance Movements using Motion Capture and Electromyography with Marilee Nugent



This workshop will provide insight into the types of joint actions, ranges of motion and target muscle usage in typical bellydance movements. This information should provide ideas on fitness benefits and risks of bellydance.

**CONTINUING EDUCATION CREDITS:** BCRPA / BCAA / CMTBC / CSEP PDC - Pending

**LOCATION:** YWCA Hotel / Residence - 733 Beatty Street - Vancouver, BC

**ROOM:** Royal Bank & Canfor Room

**DATES:** Sunday, November 18, 2007 - 8:30 am to 5:30 pm

**COURSE FEE:**

- **Four Session** - \$125 <sup>+ GST</sup> / After October 31 - \$149 <sup>+ GST</sup>  
- **Single Session** - \$39 <sup>+ GST</sup> / After October 31 - \$49 <sup>+ GST</sup>

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