Description:

In this two-day course, Eric Cressey will provide a comprehensive overview of his approach to corrective exercise. Over the 14 hours of learning, Cressey will present and you will get a chance to practice his unique initial assessment protocol and extensive corrective exercise strategies. He will share his secrets on how he creates training programs aimed at maintaining a training effect and helping his clients reach their goals in spite of injuries. An emphasis will be placed on practical application and hands-on learning which can be immediately applied to healthy, injured and athlete populations.

What will be covered by Eric Cressey:

- Upper and Lower Extremity Static and Dynamic Assessment
- Joint-Specific Mobility and Stability Assessment & Exercises
- Common Injuries/Conditions in Healthy & Athlete Populations
- The Difference Between Inefficiency and Pathology
- Identifying the Causes – not just signs and symptoms
- Working Backward from a Diagnosis
- Corrective Instability Training
- Corrective Mobility Training
- Training Effect in Spite of Injuries

DATE: March 27 & 28, 2010

TIME: 8:45 am to 5:30 pm (14 hours)

LOCATION: Vancouver College
– 5400 Cartier Street (near 41st and Granville)
– Vancouver, BC, Canada
CONTINUING EDUCATION CREDITS:

These associations have approved continuing education credits for The Nuts and Bolts of Corrective Exercise course:

13.0 NSCA / 14.0 BCRPA / 14.0 BCAK / 14.0 CMTBC / CSEP 14 PDC

Interested in receiving over $299 worth of exercise education information? Visit www.ExercisesForInjuries.com
INSTRUCTOR: Eric Cressey  MS, BSc, CSCS

Eric Cressey is the Founder and President of Cressey Performance, a strength and conditioning system with facilities in Hudson and Framingham, Massachusetts. A highly sought-after coach for healthy and injured athletes alike, Eric has helped athletes at all levels - from youth sports to the professional and Olympic ranks - achieve their highest levels of performance in a variety of sports.

Cressey received his Master’s Degree in Kinesiology with a concentration in Exercise Science through the University of Connecticut (UCONN) Department of Kinesiology, the #1 ranked kinesiology graduate program in the United States. At UCONN, Eric was involved in varsity strength & conditioning and research in the human performance laboratory. Previously, Eric graduated from the University of New England with a double major in Exercise Science and Sports & Fitness Management.

An accomplished author, Cressey has authored more than 250 articles in various online and print magazines. His writing and the accomplishments of his athletes have been featured in such publications at Men’s Fitness, Oxygen, Triathlete Magazine, and The Boston Globe.

Eric is the author of The Ultimate Off-Season Training Manual and co producer of the Magnificent Mobility DVD and Building the Efficient Athlete DVD set. In Eric’s present book, Maximum Strength, was published by Avalon Publishing/Perseus Books and is available on Amazon.com.

Cressey has been an invited guest speaker both nationally and internationally on the topics of corrective exercise and athletic performance enhancement. Cressey is a presenter on the Perform Better seminar tour, widely regarded as the most esteemed seminar series in the world of fitness and strength & conditioning.

No stranger to being “in the trenches” with his athletes, as a competitive powerlifter, Eric holds several state, national, and world records. A mainstay in the Powerlifting USA Top 100 lifts in his weight class, Cressy is rapidly approaching Elite status with competition bests of 540 squat, 402 bench, 650 deadlift, and 1532 total in the 165-pound weight class.

Although prepared in a variety of bodies of knowledge, Cressey specializes in applied kinesiology and biomechanics as they relate to program design and corrective exercise; maximal relative strength development; and athletic performance enhancement. For more information, please visit www.EricCressey.com or www.CresseyPerformance.com.

Host: Rick Kaselj - MS, BSc, PK, CPT, CEP, CES

Rick Kaselj specializes in exercise rehabilitation, post-rehab, active rehabilitation, exercise therapy and corrective exercise. He works in one-on-one and group rehabilitation settings, training people who have been injured at work, in car accidents and during sport activities. His clients and group exercise participants include a wide variety of individuals from healthy and special populations. Rick has given over 263 presentations to 5024 fitness professionals and consumers across Canada while continuing to work in rehabilitation centers, physiotherapy clinics, fitness clubs and personal training studios. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. To reach Rick or learn about his exercise rehabilitation courses please visit http://www.ExercisesForInjuries.com

TO REGISTER OR FOR MORE INFORMATION:

Visit http://ExercisesForInjuries.com/Eric-Cressey/

COURSE FEE:

$349 plus GST – prior to February 28
$449 plus GST – after March 1
$549 plus GST – after March 22

For a complete listing of all the courses offered and hosted by Rick Kaselj and Healing Through Movement please visit http://www.ExercisesForInjuries.com

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The Nuts and Bolts of the Corrective Exercise Course Schedule

Day 1 – Saturday, March 27, 2010  (7 contact hours)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am - 8:45 am</td>
<td>Registration</td>
</tr>
<tr>
<td>8:45 am - 10:00 am</td>
<td>Inefficiency vs. Pathology</td>
</tr>
<tr>
<td>10:00 am - 11:15 am</td>
<td>Joint-Specific Mobility and Stability</td>
</tr>
<tr>
<td>11:15 am to 11:30 am</td>
<td>Break</td>
</tr>
<tr>
<td>11:30 am - 1:00 pm</td>
<td>Static &amp; Dynamic Assessment: Part 1</td>
</tr>
<tr>
<td></td>
<td>- Lower Body (Practical Emphasis)</td>
</tr>
<tr>
<td>1:00 pm to 2:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>2:00 pm - 3:30 pm</td>
<td>Static &amp; Dynamic Assessment: Part 2</td>
</tr>
<tr>
<td></td>
<td>- Upper Body (Practical Emphasis)</td>
</tr>
<tr>
<td>3:30 pm - 4:30 pm</td>
<td>Corrective Mobility &amp; Stability Training: Part 1</td>
</tr>
<tr>
<td></td>
<td>- Lower Body (Practical Emphasis)</td>
</tr>
<tr>
<td>4:30 pm - 5:30 pm</td>
<td>Corrective Mobility &amp; Stability Training: Part 2</td>
</tr>
<tr>
<td></td>
<td>- Upper Body (Practical Emphasis)</td>
</tr>
</tbody>
</table>

Day 2 – Sunday, March 28, 2010  (7 contact hours)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 am - 10:00 am</td>
<td>The Truth About Unstable Surface Training</td>
</tr>
<tr>
<td>10:00 am - 11:00 am</td>
<td>The Versatile Strength Coach: Maintaining a Training Effect in Spite of Injuries (Part 1 – Lower Body)</td>
</tr>
<tr>
<td>11:00 am to 11:15 am</td>
<td>Break</td>
</tr>
<tr>
<td>11:15 pm - 1:00 pm</td>
<td>The Versatile Strength Coach: Maintaining a Training Effect in Spite of Injuries (Part 2 – Upper Body)</td>
</tr>
<tr>
<td>1:00 pm to 2:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>2:00 pm - 3:30 pm</td>
<td>Troubleshooting Common Resistance Training Techniques (Practical Emphasis)</td>
</tr>
<tr>
<td>3:30 pm - 5:00 pm</td>
<td>Question &amp; Answer</td>
</tr>
</tbody>
</table>
**Registration Form**

<table>
<thead>
<tr>
<th>First &amp; Last Name: ______________________</th>
<th>Employer: ________________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mailing Address: ________________________</td>
<td>Memberships: ______________________________</td>
</tr>
<tr>
<td>City &amp; Province: ________________________</td>
<td>How did you hear about the course? _______</td>
</tr>
<tr>
<td>Postal Code: ___________________________</td>
<td>________________________________________</td>
</tr>
<tr>
<td>Home Phone Number: _____________________</td>
<td>Payment: Credit Card □ Cheque □</td>
</tr>
<tr>
<td>Business Phone Number: _________________</td>
<td>Credit Card: Visa □ Master Card □</td>
</tr>
<tr>
<td>E-mail: ________________________________</td>
<td>Name on card: ____________________________</td>
</tr>
<tr>
<td>Occupation: ____________________________</td>
<td>Card #: _________________________________</td>
</tr>
<tr>
<td></td>
<td>Expiry date (mm/yy): ___________________</td>
</tr>
<tr>
<td></td>
<td>Authorized Signature: _______________</td>
</tr>
</tbody>
</table>

| COURSES TO REGISTER FOR: |  |

| COMPLETED REGISTRATION FORMS: | |

<table>
<thead>
<tr>
<th>Fax To:</th>
<th>Mail To:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rick Kaselj - Healing Through Movement</td>
<td>Rick Kaselj - Healing Through Movement</td>
</tr>
<tr>
<td>(604) 677-5425</td>
<td>19338 - 68th Avenue</td>
</tr>
<tr>
<td>(Email <a href="mailto:rick@ExerciseForInjuries.com">rick@ExerciseForInjuries.com</a> to confirm your fax has been received.)</td>
<td>Surrey, B.C. V4N 0B8</td>
</tr>
<tr>
<td></td>
<td>(Please allow 10 business for delivery and processing.)</td>
</tr>
</tbody>
</table>

Register online at: [http://ExercisesForInjuries.com/Eric-Cressey/](http://ExercisesForInjuries.com/Eric-Cressey/)

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The Nuts and Bolts of the Corrective Exercise

- From Assessment to High Performance -

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Both ‘Airport’ and ‘Downtown Vancouver’ hotels are located less than a ten minute drive from Vancouver College down either Oak or Granville Street. Those flying in for the course may opt to stay at any of the options below and take the skytrain from the airport to the hotel, and from the hotel to Vancouver College to save car rental and parking fees. The Oakridge-41st skytrain stop is located 9 blocks (~15 minute walk from) east of Vancouver College. Those driving can use [www.expedia.ca](http://www.expedia.ca) to explore other options near the same locations.

**Downtown Options:**
**Holiday Inn & Suites**
1110 Howe Street, Vancouver, BC V6Z 1R2  
Tel: (604) 684-2151  
Toll Free: (800) 663-9151  
~$115/night  
5 blocks from skytrain

**Sandman Hotel Vancouver City Centre:**
180 W Georgia St  
Vancouver BC  
Toll-free: 1+800+SANDMAN (726 3626)  
~$110/night  
5 blocks from skytrain

**Airport Hotel Option:**
**Radisson Hotel Vancouver Airport**
8181 Cambie Road  
Richmond, BC V6X3X9  
(604) 276-8181  
~$140/night  
2 blocks from skytrain

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Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)
**Eric Cressey Course - Lunch Options & Parking**

**Lunch Options:**

**Walking:** Kaplan’s Deli (~5 minutes)
- Montreal-style Jewish Deli

**Walk/Drive:**
**Oakridge Mall (~15 minute walk; 2 minute drive)**
- Food Court: Subway, TacoTime, A&W, Pita Pit, Indian, Japanese, etc

**Kerrisdale (~15+ minute walk; 2-3 minute drive)**
- McDonalds, Nando’s Chicken, Subway, Pizza, Sushi, etc
Vancouver College – Location & Parking

Vancouver College can be accessed from Oak Street or Granville Street via 37th or 41st. The staff parking lot will be available and is located on the east side of campus on Hudson Street. If the staff parking lot is full, parking is available on the surrounding residential streets.

Once at the school, the High Performance Centre (HPC) and Alumni Room are in the south building adjacent to the football field. Follow the signs posted on the doors to appropriate location.

If you have any questions, please do not hesitate to contact Scott at scottvass@wrestling.ca or via cell (778)385-2540.

Miscellaneous Topics

What to Wear for the Course – Wear active wear. Be prepared for an active and hands on course.

What to Bring – Pen, paper, water, snacks and lunch.