

Exercises For Injuries

The Fitness Professionals Source for Exercises and Injuries.

Upcoming Fitness & Rehab Courses

October 2011 - visit ExercisesForInjuries.com for details & registration

Core Stability for the Rehab Client with Rick Kaselj

Saturday, October 22, 2011 - 8:45 am to 1:00 pm (4 hour course) - Douglas College – New Westminister, BC



Core stability muscles assist in stabilizing the lower back and pelvis; when ignored they weaken, and the risk of lower back and pelvis related injuries increase. This course will cover anatomy of the core and introduce functional core exercises which focus on strengthening core muscles and stabilizing the lower back and pelvis.

Advanced Core Stability with Rick Kaselj

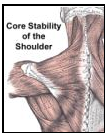
Saturday, October 22, 2011 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College – New Westminister, BC



The importance of core stabilizing muscles in the health and rehabilitation of the lower back and pelvis has been well documented. After mastering the basics and key concepts of core stability, it is important to continually challenge the core stabilizing muscles in order to prevent injury or re-injury while performing in work, life or play.

Core Stability of the Shoulder with Rick Kaselj

Sunday, October 23, 2011 – 8:45am to 1:00 pm (4 hour course) - Douglas College – New Westminister, BC



The importance of core stability has been well researched and documented when it comes to the function, stability and strength of the back. A group of shoulder muscles have similar importance when it comes to function, stability and strength of that area. These muscles need to be activated and strengthened when the shoulder is recovering from injury and be addressed in every exercise program.

Core Stability of the Lower Back with Rick Kaselj

Sunday, October 23, 2011 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College – New Westminister, BC



The number one complaint that fitness & rehabilitation professionals hear during their first meeting with a client is back pain. In this practical and hands-on course, you will learn the functional anatomy of the lower back, stretching exercises that decrease stress on the back and strengthening exercises to improve back health.

November 2011 - Visit ExercisesForInjuries.com for details & registration

The Secret Training Continuum for Maximal Client Results and Performance with Nick Tumminello

November 19 & 20, 2011 - 8:45 am to 5:30 pm (14 hours) - Vancouver College, Vancouver, BC

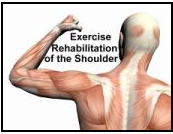


In this two-day course, Nick Tumminello will provide a comprehensive overview of his approach to getting client results and improving performance. Over the 14 hours of hands-on learning, Nick will take you through his unique approach to working with his clients and athletes. Nick will share with you the 5 areas of training that are misunderstood when training clients but are essential to getting maximal results

December 2010 - Visit ExercisesForInjuries.com for details & registration

Exercise Rehabilitation of the Shoulder with Rick Kaselj

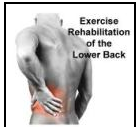
Saturday, December 3, 2011 - 8:45 am to 1:00 pm (4 hour course) - Live2Play Fitness Studio, Surrey, BC



In the Exercise Rehabilitation of the Shoulder course, functional anatomy of the shoulder joint will be reviewed. In addition, common shoulder injuries (frozen shoulder, shoulder impingement, rotator cuff tear and shoulder instability) will be discussed, and rehabilitative principles and exercises for each will be presented and practiced.

Exercise Rehabilitation of the Lower Back with Rick Kaselj

Saturday, December 3, 2011 - 1:15 pm to 5:30 pm (4 hour course) - Live2Play Fitness Studio, Surrey, BC



In a clinic or fitness centre, the most common "trouble" area is the back. In this practical and hands on course, the most common low back injuries will be discussed (degenerative disc disease, mechanical low back pain, lumbar disc herniation, post disc surgery, spondylolisthesis and spinal stenosis). This course is a must if you would like to increase your understanding, success and confidence in working with clients with low back injuries.

Exercise Rehabilitation of the Neck with Rick Kaselj

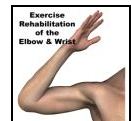
Sunday, December 4, 2011 - 8:45 am to 1:00 pm (4 hour course) - Live2Play Fitness Studio, Surrey, BC



Your neck is the most used joint in your body - which becomes most evident when it is injured. Poor posture and awkward sleeping can lead to neck strains while motor vehicle accidents can lead to disc herniations, whiplash and cervical fusion. In the Exercise Rehabilitation of the Neck course you will learn the key structures of the neck, assess exercise readiness and effective exercises to recover from neck injuries.

Exercise Rehabilitation of the Elbow & Wrist with Rick Kaselj

Sunday, December 4, 2011 - 1:15 pm to 5:30 pm (4 hour course) - Live2Play Fitness Studio, Surrey, BC



The elbow and wrist are common sites of repetitive injury and trauma. With the increase in computer use there has been an increase in carpal tunnel syndrome. As people increase their activity with racquet sports, golf and strength training there has been greater reporting of tennis and golfer's elbow. In this practical and hands on course you will learn the key anatomy, assessment and exercise rehabilitation programs for tennis elbow, golfer's elbow, carpal tunnel syndrome and wrist fusion.

February 2012 - Visit ExercisesForInjuries.com for details & registration

Postural Assessment & Exercise Prescription

Saturday, February 25, 2012 - 8:45 am to 5:30 pm (8 hour course) - Douglas College, New Westminster, BC



Mother understood the importance of posture. She encouraged us to "stand up straight" and "not to slouch". Posture is vital; it has an impact on all that we do. Poor posture can increase one's risk to injury and places increased stress on the body. This course will cover how to quickly and effectively assess posture and provide exercises to correct common postures. This practical course is hands-on. You will leave the course with a wealth of useful information and exercises to help your clients.

Injury Free Running

Sunday, February 26, 2012 - 8:45 am to 4:00 pm (6 hour course) - Douglas College, New Westminster, BC

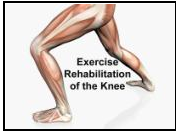


Within a year, 65% of runners will be injured to a point where they will need to reduce their training. This 6-hour session will allow participants to develop an understanding of the mechanics involved in running, how to assess the runner, training and recovery techniques and dynamic warm-up exercises. In addition, exercise rehabilitation of common running injuries like IT band syndrome, hip flexor tightness, plantar fasciitis and shin splints will be covered.

May 2012 - visit ExercisesForInjuries.com for details & registration

Exercise Rehabilitation of the Knee with Rick Kaselj

Saturday, May 5, 2012 - 8:45 am to 1:00 pm (4 hour workshop) - Douglas College, New Westminster, BC



The knee is the most frequently injured joint in both daily activities and sport. It is typically injured in one of two ways – by accident, or gradually through years of wear and tear from overuse and strain. This course will help the fitness and rehabilitation professional better understand the knee, become familiar with common injuries of the knee (osteoarthritic knee, knee replacement, anterior cruciate ligament tears, patellofemoral syndrome) and learn exercises to prevent and rehabilitate knee injuries.

Exercise Rehabilitation of the Hip with Rick Kaselj

Saturday, May 5, 2012 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College, New Westminster, BC



In this four hour course, you will learn the key structures of the hip, how to assess the hip to determine exercise readiness and various progressions for effective exercise rehabilitation of the arthritic hip, hip replacement, piriformis syndrome, SI joint dysfunction and groin strain.

Exercise Rehabilitation of the Ankle & Foot with Rick Kaselj

Sunday, May 6, 2012 - 8:45 am to 1:00 pm (4 hour course) - Douglas College, New Westminster, BC



In 2003 more than 11 million physician visits were made for foot, toe and ankle problems according to the US National center for Health Statistics. Of those, 2 million visits were for ankle sprains/strains and 800,000 for ankle fractures. The ankle and foot are common areas injured during daily activities, work and sport. During this four hour course key structures, assessment and exercise techniques will be discussed, as well as the most effective ways to design an exercise program for client recovering from inversion sprain, eversion sprain, Achilles tendonitis, high ankle sprain and ankle fracture.

Balance Training for the Rehab Client with Rick Kaselj

Sunday, May 6, 2012 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College, New Westminster, BC



The importance of range of motion, strength and function are common knowledge when it comes to recovering from an injury. What is often overlooked yet equally important in injury recovery and an exercise program is balance. Balance is crucial in the recovery of ankle, knee, hip and back injury. Balance is also an important part of an older adult program in order to prevent falls and fractures. If this four hour course your will be introduced to what balance is, how to assess balances and an expansive list of exercises to improve balance.

For More Information or To Register Visit www.ExercisesForInjuries.com

Interested in receiving over \$299 worth of fitness education information?

Visit www.ExercisesForInjuries.com

The Secret Training Continuum for Maximal Client Results and Performance

with *Nick Tumminello*

As a trainer and coach, do you ever ask yourself:

- Are the techniques that I am using the best they can be?
- Are the exercises I am using leading to maximal performance?

In this two-day course, Nick Tumminello will provide a comprehensive overview of his approach to getting client results and improving performance. Over the 14 hours of hands-on learning, Nick will take you through his unique approach to working with his clients and athletes. Nick will share with you the 5 areas of training that are misunderstood when training clients but are essential to getting maximal results.

- (1) Joint mobility to achieve performance improvements
- (2) Self myofascial release (SMR) for accelerated recovery and improved movement
- (3) Easy-to-follow dynamic warm up system to ensure optimal performance every time you train
- (4) Smart and effective abs exercises for increased strength and performance, and
- (5) Joint friendly strength exercises for maximal results.

This is not your regular normal weekend course. This course will challenge your learning from regular fitness education courses and you will leave having discovered new and unconventional techniques and exercises that you won't see anywhere else. These techniques will ultimately lead to improved results and performance with your clients.

What will be covered in the course:

- Timing and technique for self joint mobilization for personal training and sport performance
- Assessment of joint mobility to quickly increase functional ranges of motion in the body
- What trainers and coaches are doing to causing injury and dysfunction using SMR
- SMR progressions and regressions for all levels of clients and athletes
- 10 key factors to designing an effective no stretch time efficient warm up
- Popular warm up exercises that are dysfunctional and why they should never be used
- A 3D approach to abdominal training
- Understanding of which type of corrective exercise protocol will work best and which won't
- The best exercises for bad knees, shoulders and back.

DATE: Saturday, November 19 & Sunday, November 20, 2011

TIME: 8:45 am to 5:00 pm (14 contact hours over 2 days)

LOCATION: Vancouver College– Vancouver, BC, Canada

CONTINUING EDUCATION CREDITS: 1.4 NSCA CEUs (Pending), 14.0 BCRPA CEC, 14.0 BCAA CEC, 14.0 CMTBC CE/PD, 14.0 CSEP PDC.



INSTRUCTOR: Nick Tumminello is the owner of Performance University - Speed Strength & Conditioning in Baltimore MD, where he works with a variety of clients from professional Bodybuilders and Figure Models to athletes from the NFL and NBA. He is a nationally recognized coach and educator who is known for his innovative exercises and smarter approach to strength & conditioning.

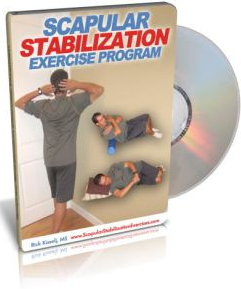
To Register visit – <http://ExercisesForInjuries.com/Nick-Tumminello>

COST: \$349 plus HST – prior October 1 / \$399 plus HST – prior to November 1 / \$449 plus HST – after November 1

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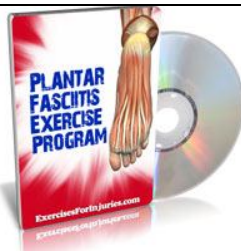
Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make life's simple tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



Exercise and Plantar Fasciitis

The role of exercise to treat plantar fasciitis is vital in helping shorten recovery time, decrease pain, and decrease the risk of reoccurrence. Creating an action plan on what to do if symptoms return is also important for the plantar fasciitis sufferer. The focus of the plantar fasciitis and exercise webinar will be exercise program design for clients who have plantar fasciitis.

For more details visit - <http://exerciseforinjuries.com/plantar-fasciitis-exercises/>



The Most Effective Rotator Cuff Exercise Program

After the back, the second most common injury a fitness professional will encounter is the shoulder. Most times shoulder injuries directly and indirectly involve the rotator cuff. When fitness professionals hear that their client has a rotator cuff issue, they end up focusing on strengthening. Strengthening is important for your rotator cuff clients but it is only one part of an effective rotator cuff conditioning program. The fitness professional must address all five areas of a rotator cuff conditioning program in order to fully rehabilitate the rotator cuff. If not, they will only band-aid the injury and not fully help their client overcome it. In this webinar, fitness professional will learn how to avoid common rotator cuff exercise mistakes, the 5 components of a rotator cuff conditioning program and exercises to help their client's rotator cuff injury.

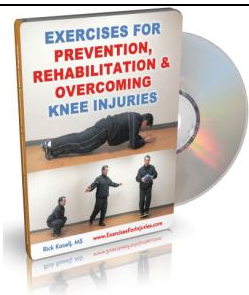
For more details visit - <http://exerciseforinjuries.com/rotator-cuff-conditioning-exercises/>



Corrective Exercises for Running Injury-Free

Running is one of the most popular recreational activities among adults but most will have to stop due to an injury. Along with a solid running program that prevents over-training, there are a number of key exercises that must be included in a recreational runner's program in order to be injury-free. In the corrective exercises for running injury-free webinar, the fitness professional will learn a comprehensive list of assessment techniques and exercises to keep their clients running injury-free.

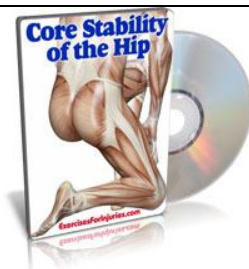
For more details visit - <http://exerciseforinjuries.com/running-corrective-exercises/>



Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries

The knee is the focus of an exercise program when it is injured but often ignored any other time. More and more research has shown that the goal of the client should determine the knee exercise program compared to the presence or absence of injury. If your client's exercise goal is prevention of knee injuries, their exercise program should differ from that of a client recovering from a knee injury. If the client has had a knee injury and would like prevent a future knee injury, here is an exercise program that focuses on overcoming knee injuries. It is important that the fitness professional know which exercises and exercise programs are best for their client depending on the goal of the client. In this exercise and knee injury webinar, fitness professionals will learn three different knee exercise programs to help their clients who want to prevent a knee injury from occurring, to rehabilitate a knee injury and overcome knee injuries by preventing them in future.

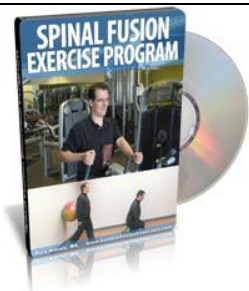
For more details visit - <http://exerciseforinjuries.com/acl-injury-exercises/>



Core Stability of the Hip

In this video presentation, fitness professionals will learn a progressive exercise program that they can use with their personal trainer and group fitness clients to improve core stability in the hip, and prevent and recover from back, hip and knee injuries.

For more details visit - <http://exerciseforinjuries.com/hip-injury-exercises/>



Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated that 126,000 spinal fusion surgeries occur each year in the US and since 1996 the number of surgeries has increased 116%. The group that has had the greatest increase in lower back spinal fusion are adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exerciseforinjuries.com/lumbar_fusion_exercises/

Upcoming Webinars

- Exercises for Shoulder Impingement
- Exercises for Shoulder Dislocation

Interested in receiving a Shoulder Injury Guide?

Visit <http://ExercisesForInjuries.com>

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Products from Rick Kaselj

Muscle Imbalances Revealed

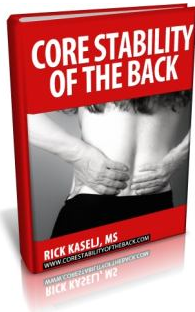


As a fitness professional we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. To get past this what you need in your toolbox is a full understanding of muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

\$97 for digital DVDs / \$127 for physical DVDs

For more information visit - <http://MuscleImbalanceRevealed.com>



Core Stability of the Back

The Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road of being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In the Core Stability of the Back program you will get an easy to follow program that you can do anywhere and will help you on your way to a pain-free back. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

- \$9.95 for eBook

Core Stability of the Back - Home Program -



The complete Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road to being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In this home program you will get the Core Stability of the Back book plus a home DVD, audio workout and audio book. The Core Stability of the Back program provides you with an easy to follow program that you can do. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.

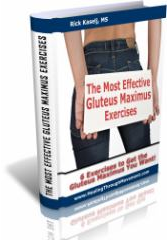
- \$54.95 for physical book, DVD and CD



Core Stability for the Rehab Client DVDs (*Recorded Seminar*)

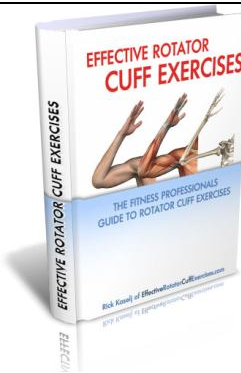
Core stability muscles assist in stabilizing the lower back and pelvis; when ignored they weaken, and the risk of lower back and pelvis related injuries increase. This course will cover anatomy of the core and introduce functional core exercises which focus on strengthening core muscles and stabilizing the lower back and pelvis. - \$89.00 for 3 DVD set

For more information visit - <http://exerciseforinjuries.com/core-stability-for-the-rehab-client/>



Most Effective Gluteus Maximus Exercises

A common area that people want to exercise is their gluteus. There are a number of common exercises people do but recent research has determined which gluteus exercises are the most effective. This guide will help you learn about the most common gluteus exercises and which ones are the most effective in working your gluteus maximus, hamstrings and gluteus medius. - \$9.95 for digital Book



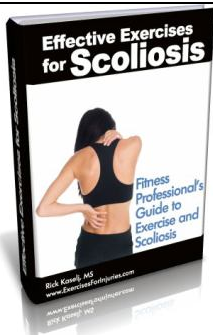
Effective Rotator Cuff Exercises

- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. Gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then Effective Exercises Rotator Cuff Exercises is a must for you.

For more details visit - <http://effectiverotatorcuffexercises.com/>

\$77 for digital manual / \$97 for physical manual



The Most Effective Exercises For Scoliosis

- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - <http://effectiveexerciseforscoliosis.com/>

\$77 for digital manual / \$97 for physical manual

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Registration Form

First & Last Name: _____

Mailing Address: _____

City & Province: _____

Postal Code: _____

Home Phone Number: _____

Business Phone Number: _____

E-mail: _____

Occupation: _____

Employer: _____

Memberships: _____

How did you hear about the course?

Payment: Credit Card Cheque

Credit Card: Visa Master Card

Name on card : _____

Card #: _____

Expiry date (mm/yy): _____

Authorized Signature:

COURSES TO REGISTER FOR:

COMPLETED REGISTRATION FORMS:

Fax To:

Rick Kaselj – ExercisesForInjuries.com
(604) 677- 5425

(Email support@ExerciseForInjuries.com to confirm your fax has been received.)

Mail To:

Rick Kaselj – ExercisesForInjuries.com
#199 – 19567 Fraser Highway
Surrey, B.C. V3S 9A4

(Please allow 10 business for delivery and processing. Please email support@ExercisesForInjuries.com to inform us you have mailed in your registration.)

Register online at: <http://ExercisesForInjuries.com/>