

# Exercises For Injuries

The Fitness Professional's Source for Exercises and Injuries.

## Bulletproofing Your Clients' Knees & Lower Back

- A Step-by-Step Guide to Preventing and Treating Knee and Lower Back Pain in Your Clients and Athletes -

As a trainer and coach, you often see clients with a knee injury. What do you do to assist these clients? Do you refer them to another trainer/coach or do you have all the tools needed to help these clients in a safe and effective manner?

In this two-day course, Mike Robertson will provide a comprehensive overview of his approach to knee and lower back injury prevention and recovery. Over 16 hours of hands-on learning, Mike will take you through his total body assessment technique, which highlights areas that your client should focus on to prevent or overcome lower back and knee conditions. He will take you through a step-by-step approach to matching the results of the assessment to exercises he uses for his clients. To finish off the course, Mike will reveal how he puts his prevention or rehabilitation programs together for maximal client results while avoiding the mistakes so many trainers and coaches make.

### What will be Covered in the course:

- A quick total body assessment that highlights potential knee and back issues
- A technique for matching assessment results with exercises to help your knee & back clients
- The best way to put exercises together to fend off lower back and knee issues
- The daily exercises that your clients must do in order to avoid lower back and knee injuries
- An introduction to the rarely discussed anatomical information that will help your clients recover from a lower back or knee condition
- Common mistakes trainers and coaches make with knee and lower back injuries

**DATE:** Saturday, December 11 (Lower Back) & Sunday, December 12 (Knee), 2010

**TIME:** 8:45 am to 6:00 pm (16 hours over 2 days)

**LOCATION:** Vancouver College – Vancouver, BC, Canada

**CONTINUING EDUCATION CREDITS:** 1.6 NSCA CEUs, 16.0 BCRPA CEC, 16.0 BCAF CEC, 14.0 CMTBC CE/PD, 16.0 CSEP PDC.

**INSTRUCTOR:** Mike Robertson MS, BSc, CSCS



Mike Robertson is the President of Robertson Training Systems and the co-owner of Indianapolis Fitness and Sports Training (I-FAST) in Indianapolis, Indiana. Mike has made a name for himself as one of the premier performance coaches in the world, helping clients and athletes from all walks of life achieve their physique and sports performance goals.

**COST:** \$399 plus HST – prior November 30 / \$499 plus HST – after December 1

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## **CONTINUING EDUCATION CREDITS:**

These associations have provided approval for continuing education credits for *Bulletproofing Your Clients' Knees and Lower Back* course:



- 1.6 NSCA CEUs – Course# J1098
- 16.0 BCRPA CEC
- 16.0 BCAK CEC
- 14.0 CMTBC CE/PD
- 16.0 CSEP PDC

If your association is not listed, please contact your association to see if you can petition the course.

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INSTRUCTOR: **Mike Robertson** MS, BSc, CSCS



Mike Robertson is the President of Robertson Training Systems and the co-owner of Indianapolis Fitness and Sports Training (I-FAST) in Indianapolis, Indiana. Mike has made a name for himself as one of the premier performance coaches in the world, helping clients and athletes from all walks of life achieve their physique and sports performance goals.

## Professional Background

As of 2010, I've officially been in the fitness industry for 10 years. In that time, I've done and seen a little bit of everything.

From 2000-2002 I was an **assistant/volunteer strength and conditioning coach at Ball State University**. While there, I was primarily responsible

for working with men's and women's volleyball, women's soccer, football, and our powerlifting team, although I worked with individual athletes from all 26 sports.

At that same time, I was working towards **completing my Masters Degree in Sports Biomechanics**. I was lucky enough to study under two wonderfully smart gentlemen, Dr. Robert Newton and Dr. William Kraemer. These two guys really laid the foundation for my learning going forward. I graduated with my Masters of Science in May of 2002, and the real world beckoned.

I spent the next three years in Ft. Wayne, Indiana, where I headed up the Athletic Performance Center. I primarily **worked with chiropractic rehabilitation clients**. This is where I was really introduced to the assessment process, physical therapy, rehabilitation, and corrective exercise as a whole. This definitely was not my comfort zone at the time, but I learned a ton during my time there and this helped really broaden my scope as a trainer and coach.

In 2005 I moved back from Ft. Wayne to Indianapolis. There, I teamed up with Mike Dodd to form Custom Fitness, a high-end, **in-home personal training company**. Like every step in my journey, this was out of my comfort zone and got me working with a new population. With Custom Fitness I got a firm appreciation for what it was like to work in a truly one-on-one setting, often with adults in their 40's and 50's.

In 2008, when I left Custom Fitness I took 6 months off from training and coaching all together. Strangely enough, it only took me 2 months to get seriously bored and the itch to train and coach clients again was back (and worse than ever!). It was at this point in time that Bill Hartman and I decided it was time to team up and **open our facility, Indianapolis Fitness and Sports Training (IFAST)** - <http://indianapolisfitnessandsportstraining.com/>.

Since 2008, it's really been a whirlwind. In 2009, IFAST was named one of America's Top 10 Gyms by Men's Health magazine. We're now at the two-year mark and still going strong. It seems as though IFAST is growing each and every month.

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## **Athletic and Coaching Background**

I've been an athlete my entire life. Growing up, my favorite sport was baseball - until I realized how much I hated the heat and couldn't ever breathe when the humidity cranked up!

In high school, I played a different sport every season. If you can imagine, I actually ran cross-country in the fall (it was made "mandatory" by my basketball coach, who claimed it would help get us into shape). In the winter, it was always basketball.

Finally, in the spring, I played baseball a few years, and my last two years of high school, I played volleyball in the spring as well. My junior year of high school we finished 6th in the state, and my senior year we were ranked as high as 2nd, but failed to put the pieces together in the state tournament.

I continued to **play every sport imaginable all throughout college**, and intramural sports were a God-send for someone as competitive as myself.

At the end of my undergraduate career at Ball State University, I **joined the powerlifting team**. The only reason I joined was because I wanted to learn the core lifts better, and hopefully get a little stronger in the process. Again, competition got the best of me, and after one meet, I was totally hooked.

In my first meet, I totaled 951 pounds in the 181 pound weight class. Over the course of the next 4.5-5 years, I grew that to a 1400 pound total in the 198 pound weight class. In my final meet I squatted 530 pounds, benched 335 pounds, and deadlifted 535 pounds.

I was pretty lucky while competing to coach some amazing athletes as well. In 2004 I was asked to be an **assistant coach for the 2004 USA World Bench Press Team**, where I'd like to think I played a part in helping the team clinch a second and first place finish for the Men's and Women's teams, respectively.

While I haven't competed in the past 5 years, that's more a function of lack of time than lack of desire. I have, however, continued to learn about training outside of powerlifting. I'm an R-Phase Certified Z-Health trainer and a Russian Kettlebell Certified instructor (RKC). In 2009, I was honored by the International Youth Conditioning Association when I was named to their Advisory Board.

## **Writing and The Robertson Training System Site**

Over the past 8 years, however, I've **written well over 100 published articles** for a wide variety of sites and magazines. Some of the more notable publications include T-Nation.com, Men's Health, Men's Fitness and Outside magazines.

Along with my writing I have written Bulletproof Knees Manual, and co-created multiple DVD sets ([The Single-Leg Solution](#), [Assess and Correct](#), [Inside-Out](#), [Magnificent Mobility](#)).

Now a lot of my focus is writing on my blog, <http://www.robertsontrainingsystems.com> .

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# ***Exercises For Injuries***

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**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 260 presentations to more than 5000 fitness professionals and consumers across Canada and USA 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://exerciseforinjuries.com/mike-robertson/>

## **COURSE FEE:**

- \$399 plus HST – prior November 30
- \$499 plus HST – after December 1

For a complete listing of all the courses offered and hosted by Rick Kaselj and Exercises For Injuries please visit <http://www.ExercisesForInjuries.com>

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

Visit <http://www.ExercisesForInjuries.com>

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# ***Exercises For Injuries***

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## **Bulletproofing Your Clients Knees and Lower Back Course Schedule**

**Day 1 – Saturday, December 11, 2010 - Lower Back** (8 contact hours)

8:30-9:00 am	Registration and Introductions
9:00-10:00 am	Introduction to Lower Back Injuries and Pain / Philosophy on Assessment and Exercise for the Lower Back
10:00-11:00 am	Functional Anatomy of the Lower Back – Looking Beyond Gross Anatomy
11:00 am-12:00 pm	Assessment Skills – Keys, Pros & Cons of Static and Postural Assessment
12:00-1:00 pm	Lunch Break
1:00-2:00 pm	Dynamic Assessment Skills – Looking in Isolation and Integrated Your Results
2:00-3:00 pm	Key Steps to Building an Effective Lower Back Program
3:00-4:00 pm	Cueing, Coaching and Executing the Lifts (Part I) – Rehabilitation and Static Focus
4:00-5:00 pm	Cueing, Coaching and Executing the Lifts (Part II) – Dynamic Focus
5:00-6:00 pm	Q&A and Summary

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## **Day 2 – Saturday, December 12, 2010 - Knee** (8 contact hours)

8:30-9:00 am	Registration and Introductions
9:00-10:00 am	Introduction to Knee Injuries and Pain / Philosophy on Assessment and Exercise for the Knee
10:00-11:00 am	Functional Anatomy of the Knee – Looking Beyond Gross Anatomy
11:00 am-12:00 pm	Assessment Skills – Keys, Pros & Cons of Static and Postural Assessment
12:00-1:00 pm	Lunch Break
1:00-2:00 pm	Dynamic Assessment Skills – Looking in Isolation and Integrated Your Results
2:00-3:00 pm	Key Steps to Building an Effective Knee Program
3:00-4:00 pm	Cueing, Coaching and Executing the Lifts (Part I) – Rehabilitation and Static Focus
4:00-5:00 pm	Cueing, Coaching and Executing the Lifts (Part II) – Dynamic Focus
5:00-6:00 pm	Q&A and Summary

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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 - Healing Through Movement**  
**(604) 677- 5425**

(Email [rick@ExerciseForInjuries.com](mailto:rick@ExerciseForInjuries.com) to confirm your fax has been received.)

**Mail To:**

**Rick Kaselj - Healing Through Movement**  
**#199 – 19567 Fraser Highway**  
**Surrey, B.C. V3S 9A4**

(Please allow 10 business for delivery and processing. Plus email [rick@ExercisesForInjuries.com](mailto:rick@ExercisesForInjuries.com) to info us you has sent it by mail.)

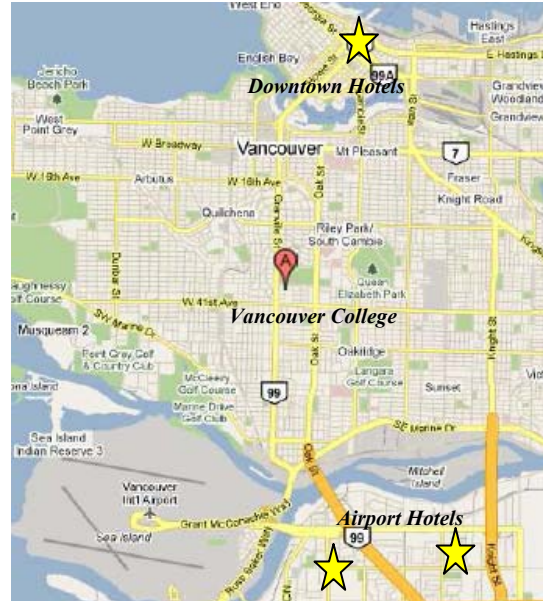
**Register online at: <http://ExercisesForInjuries.com/Mike-Robertson>**

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## Mike Robertson Course - Vancouver Hotel Options



Both 'Airport' and 'Downtown Vancouver' hotels are located less than a ten minute drive from Vancouver College, and are accessible by either Oak or Granville Street. Those flying in for the course may stay at any of the hotels 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-41<sup>st</sup> 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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## Mike Robertson 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

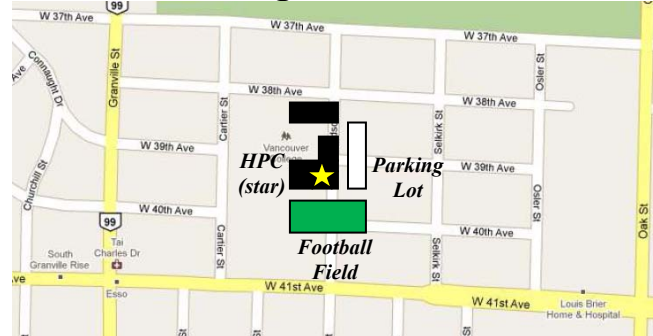
##### **Kerrisdale (~15+ minute walk; 2-3 minute drive)**

- McDonalds, Nando's Chicken, Subway, Pizza, Sushi, etc

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## Vancouver College – Location & Parking



Vancouver College can be accessed from Oak Street or Granville Street via 37<sup>th</sup> or 41<sup>st</sup>. 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](mailto: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.