



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Upcoming Fitness & Rehab Courses

November 2010 - visit ExercisesForInjuries.com for details & registration

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

Saturday, November 6, 2010 - 8:45 am to 4:30 pm (7 hour course) - Douglas College, New Westminster, BC



This day long joint replacement course is designed to help fitness professionals 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.

Foundations of Upper Body Conditioning with Brian Justin

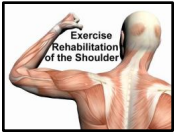
Sunday, November 7, 2010 - 8:45 am to 5:00 pm (7 hour course) - Douglas College, New Westminster, BC

It can be confusing on how to approach upper body conditioning with your clients. Most times fitness professionals start with strengthening and hope for the best. It is important that fitness professionals have a systematic approach to assessing the upper body, corrective exercises that match the assessment results and a detailed program structure in order to get maximal and rapid results for the upper body.

December 2010 - visit ExercisesForInjuries.com for details & registration

Exercise Rehabilitation of the Shoulder with Rick Kaselj

Saturday, December 3, 2010 - 8:45 am to 1:00 pm (4 hour course) - Douglas College, New Westminster, 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, 2010 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College, New Westminster, 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 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, 2010 - 8:45 am to 1:00 pm (4 hour course) - Douglas College, New Westminster, BC



Your neck is the most used joint in your body. It 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, 2010 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College, New Westminster, BC



The elbow and wrist are common site 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, golfers elbow, carpal tunnel syndrome and wrist fusion.

Bulletproofing Your Client's Knees with Mike Robertson

Saturday, December 11, 2010 - 8:45 am to 6:00 pm (8 hour course) - TBA, Vancouver,, BC

As a trainer and coach, you never get a new client that does not have a knee injury. What do you do when you get a client with a knee injury? Do you refer on to another trainer/coach or do you have all the tools needed to train 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 prevention and injury recovery.

Bulletproofing Your Client's Back with Mike Robertson

Sunday, December 12, 2010 - 8:45 am to 6:00 pm (8 hour course) - TBA, Vancouver,, BC

Over the 8 hours of hands-on learning, Mike will take you through his total body assessment which highlights areas that your client needs to focus in on in order to prevent or overcome a lower back 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 to you how he puts his prevention or rehabilitation programs together for maximal client results while avoiding the mistakes so many trainers and coaches make.

February 2011 - visit ExercisesForInjuries.com for details & registration

Postural Assessment & Exercise Prescription

Saturday, February 19, 2011 - 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 to help your clients.

Injury Free Running

Sunday, February 20, 2011 - 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.

March 2011 - visit ExercisesForInjuries.com for details & registration

FITNESS & REHAB CONFERENCE

March 26 & 27, 2011 - 8:45 am to 5:30 pm - Douglas College, New Westminster, BC



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. Visit www.ExRehab.com for more details.

April 2011 - visit ExercisesForInjuries.com for details & registration

Understanding Trigger Points to Overcome Pain with William N. Huhn

Saturday, April 16, 2011 - 8:45 am to 5:30 pm (8 hours) - Douglas College, New Westminster, BC



Trigger points will affect muscles in the sedentary or athletic body and can cause a considerable amount of long term misery if you are unfamiliar with their behaviour and how to remove them. The objective here is to focus some light on myofascial pain and a type of bodywork that has been overlooked and misunderstood for far too long, especially in the fitness arena.

Hands-On: Trigger Points for Lumbar, Hips, Buttocks and Groin Issues with William N. Huhn

Sunday, April 17, 2009 - 8:45 am to 3:30 pm (6 hour course) - Douglas College, New Westminster, BC

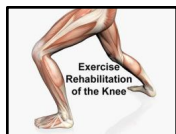


This New Westminster workshop will deal mainly with the mid-body between the lower thoracic area and the upper thigh. We will be locating and treating TrPs in the QL, iliopsoas, erector spinae group, all gluteal muscles, piriformis, obliques, rectus abdominis, adductors, vastus lateralis, TFL, semimembranosus, semitendinosus and soleus. Other issues that may have a myofascial trigger point source, such as IBS, bladder control issues, painful menstrual cramps, and other pelvic issues will be discussed and demonstrated during the workshop.

May 2011 - visit ExercisesForInjuries.com for details & registration

Exercise Rehabilitation of the Knee with Rick Kaselj

Saturday, May 14, 2011 - 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

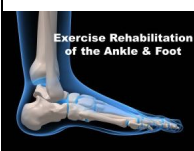
Saturday, May 14, 2011 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College, New Westminster, BC



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 for the arthritic hip, hip replacement, piriformis syndrome, SI joint dysfunction and groin strain.

Exercise Rehabilitation of the Ankle & Foot with Rick Kaselj

Sunday, May 15, 2011 - 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 a common areas injured during daily activities, work and sport. During this four hour course key structures, assessment and exercise techniques will be discussed on 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 15, 2011 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College, New Westminster, BC

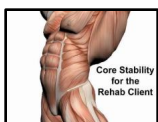


It is common knowledge the importance of range of motion, strength and function when it comes to recovering from an injury. What is over looked and equally important in injury recovery and in an exercise program is balance. Balance is important in the recovery from an ankle, knee, hip and back injury. Balance is an important part of an older adult program in order to prevent falls and fractures.

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 Westminster, 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.

Advance Core Stability with Rick Kaselj

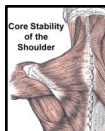
Saturday, October 22, 2011 - 1:15 pm to 5:30 pm (4 hour course) - Douglas College – New Westminster, BC



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 Westminster, BC



It has been well research and publicized the importance of core stability when it comes to the function, stability and strength of the back. In the shoulder there is a group of muscles that have similar importance when it comes to function, stability and strength. 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 Westminster, 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.

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

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

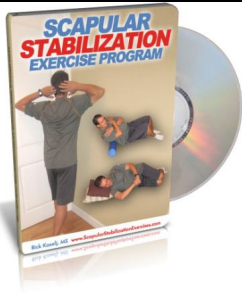
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Ready-to-Download Webinars from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simple tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury. But too often these strength 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.

[CLICK HERE for more details.](#)



Exercise and Plantar Fasciitis

The role of exercises for plantar fasciitis is vital in helping with a speed up recovery, decreases pain, decreases the risk of reoccurrence and helps create an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise webinar will be exercise program design and exercises for a client that has plantar fasciitis.

[CLICK HERE for more details.](#)



The Most Effective Rotator Cuff Exercise Program

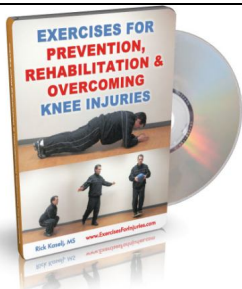
After the back, the second most common injury a fitness professional will encounter is the shoulder. Most times shoulder injuries directly and indirectly involve the rotator cuff. When fitness professionals hear that their client has a rotator cuff issue, they end up focusing on strengthening. Strengthening is important for your rotator cuff client 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 their rotator cuff injury. In this webinar, fitness professional will learn how to avoid common rotator cuff exercise mistakes, the 5 components of a rotator cuff condition program and exercises to help their client's rotator cuff injury.



Corrective Exercises for Running Injury-Free

Running is one of the most popular recreational activities amongst 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 a fitness professional must include in a recreational runners program in order to keep them running 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.

[CLICK HERE for more details.](#)



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 come out showing 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, the exercises program differs from a client that is recovering from a knee injury. If the client has had a knee injury and would like prevent a future knee injury, there 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, the fitness professional will learn three different knee exercise programs to help their clients that want to prevent a knee injury from occurring, rehabilitation a knee injury and overcome knee injuries by preventing them from happening in the future.

[CLICK HERE for more details.](#)



Core Stability of the Hip

Core Stability of the Hip

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

[CLICK HERE for more details.](#)



SPINAL FUSION EXERCISE PROGRAM

Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA 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 the exercise program design and exercises for a client that has had a lower back spinal fusion.

[CLICK HERE for more details.](#)

Upcoming Webinars

- Exercises for Shoulder Impingement
- Exercises for Shoulder Dislocation

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

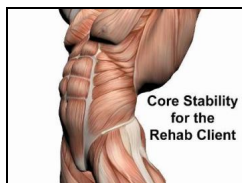
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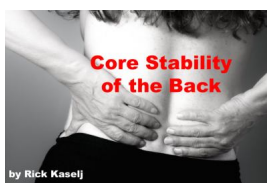


Core Stability for the Rehab Client DVDs

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.

[CLICK HERE for more details.](#)

\$89.00



Core Stability of the Back

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 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.

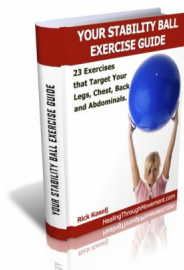
\$19.95



Core Stability of the Back - Home Program -

This a complete Core Stability of the Back program that you can use to get your back onto the road of being pain-free. In the home program you will get the Core Stability of the Back book plus a home DVD, audio workout and audio book. 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 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

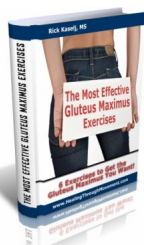


Your Stability Ball Exercise Guide

You bought a stability ball, now what? This guide will take you through 23 exercises that target your legs, chest, back and abdominals. The guide includes two stability ball workouts you can follow based on your fitness level and a stretch routine you can do with the stability ball.

[CLICK HERE for more details.](#)

\$19.95

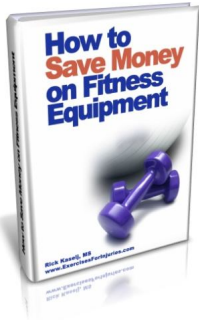


Most Effective Gluteus Maximus Exercises

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.

[CLICK HERE for more details.](#)

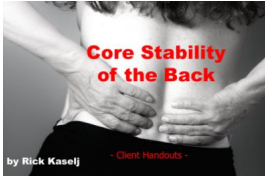
\$19.95



How to Save Money on Fitness Equipment

The value of the Canadian dollar has been rising for the last two years, making it stand to reason that the cost of fitness equipment would go down in Canada. Fitness equipment has been shown to be as much as 50% more expensive in Canada compared to the USA. How to Save Money on Fitness Equipment explain why Canadian are paying more, teaches you 22 ways you can save on your next fitness equipment purchase and provides you with a comprehensive list of companies that sell fitness equipment.

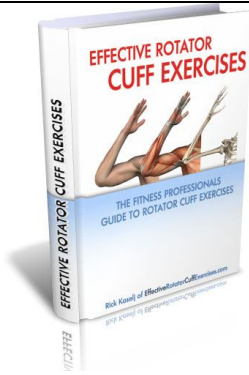
\$14.95



Core Stability of the Back - Client Handout -

This is a book that Fitness & Rehabilitation Professionals can use as an education tool for their clients. The book contains 35 Core Stability of the Back client handouts which is a one page handout that has a brief description of what core stability is and on the back side of the page a core stability home program that clients can follow. No more stick men or clients not remembering. This handout will remind them of what core stability is, how they should perform the exercises and a core stability program they can do at home.

\$19.95



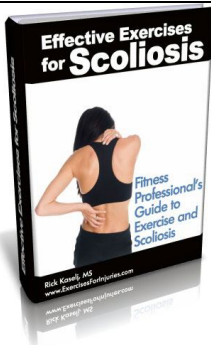
Effective Rotator Cuff Exercises

- 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 take course for you.

[CLICK HERE for more details.](#)

\$97



The Most Effective Exercises For Scoliosis

- Fitness Professional's Guide to Exercise and Scoliosis -

This is a resource manual for fitness professionals that are looking for the most effective exercises for their clients with scoliosis.

[CLICK HERE for more details.](#)

\$97



Truth About Exercise and Osteoporosis

- *Fitness Professional's Guide to Exercise and Osteoporosis* -

This is a resource manual for fitness professionals that are looking for the most effective exercises for their clients with osteoporosis.

\$97

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