

Healing Through Movement

Fitness - Rehabilitation - Presentations - Publications

Need Continuing Education Credits?

Visit HealingThroughMovement.com

Exercise Prescription for the Lower Back

A four-hour workshop discussing low back dysfunction, the functional anatomy of the low back, and strengthening and stretching exercises to improve function.

Sunday, December 3, 2006

Foam Roller Essentials

Learn the essentials of how the foam roller can be used as part of any client's total body workout.

Tuesday, June 13, 2006 & Tuesday, June 20, 2006

Thursday, November 2, 2006 & Tuesday, November 7, 2006

Whiplash Associated Disorders

Topics covered include a review and critique of key literature, exploring evidence to support exercise therapy for the treatment of whiplash associated disorders.

Spring 2007

Core Stability for the Rehab Client

This course will cover general anatomy and introduce functional exercises which will focus on strengthening the lower back and pelvis.

Saturday, December 2, 2006

Advance Core Stability

After mastering the basics and key concepts of core stability, it is important to continually challenge the core stabilizing muscles in order to prevent injuries or re-injury while performing in work, life or play.

Saturday, December 2, 2006

For more details and to register visit:

www.HealingThroughMovement.com

Sign up for the FREE Monthly Fitness & Rehabilitation Newsletter!

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Exercise Rehabilitation of the Shoulder

In this course, functional anatomy of the shoulder joint will be reviewed. In addition, common shoulder injuries will be discussed, and rehabilitative principles and exercises for each will be presented.

Saturday, October 14, 2006

Core Stability of the Shoulder

Learn the key muscles that provide strength and stability to the shoulders and the most effective exercises to strengthen these muscles.

Saturday, October 14, 2006

Postural Assessment & Exercise Prescription

This course will cover how to quickly and effectively assess posture and provide exercises to correct common postures.

Saturday, November 18, 2006

Balance Training for the Rehab Client

Balance is vital in the recovery of an injury. Learn balance exercises that will help your clients recover from ankle, knee, hip and back injuries.

Sunday, October 15, 2006

Exercise Rehabilitation of the Knee

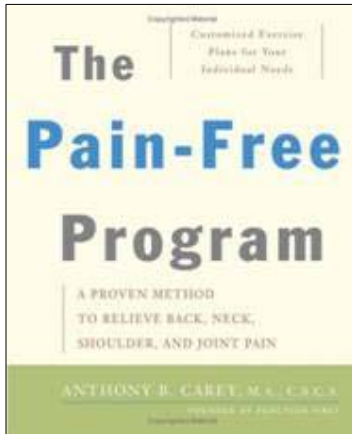
This course will help you better understand the knee, become familiar with common injuries of the knee, and learn exercises to prevent and rehabilitate knee injuries.

Sunday, October 15, 2006

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Healing Through Movement is very excited to announce:

Anthony Carey

The highly acclaimed author of
The Pain Free Program:
A Proven Method to Relieve Back, Neck, Shoulder and Joint Pain

FOUNDATIONS FOR FUNCTION

Foundations for Function: Movement by Design covers the fundamentals of functional training by presenting the health and fitness professional with the programming skills and knowledge essential for professional success. Movement by Design refers to using our bodies the right way. Discover how to use functional anatomy, motor learning principles and a range of assessments to develop comprehensive functional exercise programs.

Foundations for Function: Movement by Design is based on fundamental anatomical, neurological, physiological and biomechanical principles. By using the blueprint of the human body as a guide, the goal of the approach is to bring about a functionally operating musculoskeletal system through structural strength and postural balance.

CONTINUING EDUCATION CREDITS:

1.2 ACE / 1.2 NSCA / 12 BCRPA / 12 BCAK / 4.0 FIS 4.0 PTS Can-Fit-Pro / CSEP 12 PDC / 12.0 CMT

LOCATION: T.B.A. - Vancouver, BC, Canada

DATES: Saturday, October 21, 2006 from 9 am to 4 pm & Sunday, October 22, 2006 from 9 am to 4 pm

COURSE FEE: - \$299 prior to September 22, 2006 (Includes a 40 page course resource manual)

TO REGISTER OR MORE INFORMATION: Visit www.HealingThroughMovement.com or Call **Rick Kaselj** at (604) 532-5248

Group Rates - Group Discounted Rates Available / **Referral Program** - Refer People to the Course and Earn Extra Money



Anthony Carey, MA, CSCS

Anthony Carey's educational background consists of a Master's degree in Biomechanics and Athletic Training and a Bachelor's degree in Exercise Physiology. Over the last fifteen years Anthony has focused on working with clients with **musculoskeletal challenges** and uses **corrective exercise** as an exercise alternative to pain relief. Anthony is also the author of the highly acclaimed book **The Pain Free Program: A Proven Method to Relieve Back, Neck, Shoulder and Joint Pain** and DVD; **Corrective Exercises for Powerful Change**.



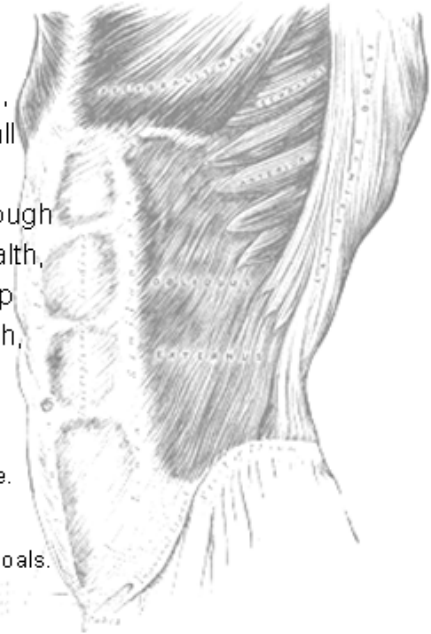
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HEALING THROUGH MOVEMENT

[FITNESS & REHAB] NEWSLETTER

- YEAR 1 -

If you have a passion for health, fitness, rehabilitation and sport, this is a course you need to take. This course brings together all the articles from the Healing Through Movement [FITNESS & REHAB] Newsletter from Year 1. The Healing Through Movement newsletter is written by Rick Kaselj and focus on health, fitness, rehabilitation and sport. This course is designed to keep health and fitness professionals up to date on the latest in health, fitness, rehabilitation and sport.



What you will learn:

- The keys items your clients need to look at when buying a TV exercise device.
- What your clients need to know before buying a treadmill.
- The best Fitness & Rehabilitation eNewsletter on the Internet.
- Selecting research that is credible and helps your clients reach their goals.
- How to evaluate the quality of a research article.
- Guidelines for an Athlete to Return to Activity.
- Does Curves Work?
- A new way of explaining pain to your clients.
- Is trunk and knee strength affected by lumbar disc herniations?

This Course is open to the public.

To register for this course:

e-mail info@HealingThroughMovement.com / online www.HealingThroughMovement.com/
phone (604) 532-5248 / fax (604) 677-5425

COURSE FEE for Distance Education Course \$30

CONTINUING EDUCATION CREDITS: 3 BCRPA CEC / 1.0 FIS 1.0 PTS Can-Fit-Pro CEC

Profile of Instructor:

Rick Kaselj, B.Sc.(Kinesiology), Cert. H&F, CPT, RK

Rick specializes in active rehabilitation and fitness. He has worked in one-to-one active rehabilitation and group rehabilitation with people who have been injured at work, in motor vehicle accidents and during sport. Rick has personally trained a wide variety of individuals and lead group fitness classes for healthy and special populations.

