

Post-Rehab Exercise for Health and Fitness Professionals

Presented by **Terry Kane** BSC (Physical Therapy)

Hosted by HealingThroughMovement.com

Everyday more and more people are looking to the health and fitness industries to improve their fitness and recovery from injury or illness. In order to ensure the safety and appropriateness of post-rehab exercise program, not only do health and fitness professionals need to know exercises, but more importantly how to evaluate the risk of exercise relative to the medical condition, stage of tissue healing and biomechanics. This course is intended to help educate health and fitness professionals on how to build a post-rehab exercise practice through improving their knowledge base of musculoskeletal injuries, post rehab exercise strategies and



Time: 8 am to 5 pm

Date: October 15 & 16, 2005

Location: TBA - in the Vancouver Area

Room: TBA

Costs:

\$249 prior to September 7, 2005

\$299 after September 7, 2005

\$349 after October 7, 2005

To register: (1) email info@Healingthroughmovement.com
 (2) register online at www.HealingthroughMovement.com

Continuing Education Credits: Pending

Profile of Instructor: Terry Kane, BPHE, BSC (Physical Therapy)

- Since 1985, Canadian Physiotherapist Terry Kane has treated over 500 Olympic, Professional and National level athletes as well as spoken at American College of Sports Medicine, Canadian Academy of Sport Medicine, IDEA, CanFitPro, FitPro (UK).
- Graduate of the University of Toronto with degrees in Physical Therapy (1985) and Physical and Health Education (1981).
- Graduate Student, Joint Injury and Injury and Arthritis Research, University of Calgary Medical Sciences Program.
- Former Head Therapist with Canadian Olympic Hockey Team and Calgary Flames (National Hockey League).
- Consultant to the National Hockey League Injury Surveillance Program / Injury Analysis Panel.