

Healing Through Movement

“educating people that healing through movement is a way of life”

Postural Assessment & Exercise Prescription

Mother understood the importance of posture. She encouraged us to “stand up straight” and “not to slouch”. She knew what she was talking about. Posture is vital. It has impact on all that we do. Poor posture can increase ones risk to injury and place increased stress on the body.

What you will learn :

- Key concepts of posture.
- Effective techniques used to assess posture.
- Common postures and key features that identify each of them.
- Exercise prescription for common postures.
- Different ways to teach posture to your clients.
- Summarizing all concepts covered using case studies.

Please note:

During the class we will perform postural assessments. It is important to wear clothes that do not obstruct key landmarks. Please wear shorts or biking shorts and t-shirt or sports top.

Time: 8:45 am to 5:00 pm **Date:** Saturday, November 27, 2004

Location: Simon Fraser University / Maggie Benston Centre Room 2290 & 2292 / Burnaby, B.C.

Costs: Student and BCAF or BCRPA member \$64
Student and Non-BCAF or BCRPA member \$80
BCAF or BCRPA Member \$96
Non-member and Non-student \$112

Continuing Education Credits: 8.0 BCAF / 8.0 BCRPA / 7.0 CMTBC / CSEP 5 PDC

This Course is open to the public.

Profile of Instructor: Rick Kaselj, B.Sc.(Kinesiology), Cert. H&F, ACE, 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, 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.

To Register: Visit www.healingthroughmovement.com / e-mail info@healingthroughmovement.com / Call (604) 532-5248

