Course Information Sheet

Course Title: Prescriptive Stretching

Course Description:

This well-written textbook features full-color anatomical illustrations and step-by-step instructions for 40 of the most effective stretches to eliminate pain, alleviate muscle soreness, improve balance, and prevent common injuries. In addition, you’ll find sample stretching programs that you can personalize to meet your client’s needs. Elite athletes have long relied on personalized stretching programs to improve flexibility and prevent injury, but what you might not know is that many of those targeted stretches have a much broader application, one that you can easily incorporate into your daily routine. Best of all, this course will show you how to quickly assess the sources of chronic pain and then identify specific stretches to reduce discomfort. 139 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Understand the basics of the skeletal and muscular system
2. Understand the fundamentals of stretching
3. Properly explain the proper posture and the role of agonists, antagonists, and stabilizers
4. Understand the concepts of active and latent trigger points and how they can affect posture and stretching.
5. Identify the four main principles of stretching
6. Design safe and effective techniques for targeting specific muscles
7. Identify common mistakes of various stretches, as well as how to test for various flexibility issues.
8. Understand the coordination and design of stretches and the order they may need to occur for individuals
9. Design programs for pain relief for various conditions

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study
Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

Instructor/Author Credentials:

Kristian Berg is a doctor of naprapathy, a medical therapy that focuses on manual manipulation and stretching of the spine and connective tissues. He has managed his own clinic in Stockholm, Sweden, since 1988. Berg participates annually in international training courses in dissection, anatomy, and manipulative techniques. At his clinic he has shown more than 30,000 patients the importance of stretching and muscular balance for overall health. Berg is also the principal at the Personal Training School and a lecturer in anatomy at the Scandinavian College of Naprapathic Manual Medicine in Stockholm. He is a highly regarded speaker on stretching and athletic training in Sweden and throughout Europe.

Before becoming a naprapath, Berg was a nationally ranked gymnast and a talented junior tennis player. More recently, he has competed as a multisport athlete and has climbed Aconcagua, the highest peak in South America. Berg currently resides in Svartsjo, Sweden.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A