

Course Information Sheet

Course Title: Back Exercise

Course Description:

Back Exercise goes beyond exercise and rehabilitation to help you understand the reasons why your clients may suffer with back pain and dysfunction. You will start with a guided evaluation of your client's current back health using only the floor, a wall and a camera and you will learn to assess their pain response by using several simple exercises that will also help to identify postural deviations and muscular imbalances in your client's body. This brand-new course also features 60 innovative exercises designed to stabilize, strengthen, and rehabilitate the spine. Finally, you will explore five common spinal conditions: nonspecific low back pain, disc bulge and herniation, spondylolisthesis, stenosis, and spinal surgeries such as spinal fusion. Six months' worth of tailored exercise plans are presented for each condition, offering a safe progression of exercises to improve mobility, increase stability, and reduce pain. 229 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

After completing the Back Exercise course, the participant will:

1. Understand the basic anatomy of the spine
2. Understand the components of spinal stability training
3. Explain the components posture assessment
4. Evaluate lordosis using the wall test
5. Explain how to evaluate mobility in the thoracic spine
6. Identify guidelines for exercises based on individual health conditions
7. Identify hip flexor tightness through the Thomas test
8. Identify common mistakes of various exercises for the back
9. Distinguish between supine, prone, and quadruped exercises
10. Define common low back conditions

Target Audience: Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.

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:

Brian Richey is a personal trainer, educator, and industry leader in the fields of medical exercise and corrective exercise. His unique approach to managing clients' medical conditions through exercise has helped thousands move better, stand taller, and exercise without pain.

Brian earned his BS in kinesiology and exercise science from the University of Hawaii. He has multiple certifications from the American Academy of Health, Fitness, and Rehabilitation Professionals: Medical Exercise Program Director, Medical Exercise Specialist, and Post Rehab Conditioning Specialist. He is a faculty educator and master instructor with Balanced Body.

Brian brings his knowledge in medical exercise, corrective exercise, and integrated movement to the masses through lectures and workshops, both in person and online. He is based in Washington, D.C., where he proudly owns and operates Fit 4 Life DC.

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

Sponsors: N/A