

Course Information Sheet

Course Title: Prescriptive Stretching, Enhanced

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. 189 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

- After completing this course, you will be able to:
 - Identify the basics of the skeletal and muscular system
 - Explain the fundamentals of stretching
 - Compare and contrast the role of agonists, antagonists, and stabilizers in proper posture
 - List the concepts of active and latent trigger points and how they can affect posture and stretching.
 - Identify the four main principles of stretching
 - Design safe and effective techniques for targeting specific muscles
 - Identify common mistakes of various stretches
 - Identify muscles to evaluate for flexibility as it relates to common ailments
 - Discuss the coordination and design of stretches and the order they may need to occur for individuals
 - Design programs for pain relief for various conditions

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use 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. Since 1988 he has managed his own clinic in Stockholm, Sweden, where he specializes in musculoskeletal ultrasound diagnostics (MSKUL). He regularly lectures on MSKUL to specialists in orthopedics and sports medicine. As part of his practice, he is ESSR certified to offer PRP/ACP injections for severe tendon injuries. At his clinic, he has shown more than 30,000 patients the importance of stretching and muscular balance for overall health. Berg participates annually in international training courses in dissection, anatomy, and manipulative techniques.

Berg works with Stockholm's Idrottsgymnasium (the Stockholm high school of sports) in integrating a personal training education into their regular education. He is a lecturer in anatomy at the Scandinavian College of Naprapathic Manual Medicine in Stockholm and is a highly regarded speaker on stretching and athletic training in Sweden and throughout Europe. He is a frequent lecturer at the Global Hamstring Project (inaugural conference in 2015) and a regular attendee of the International Olympic Committee (IOC) World Conference.

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 resides in Svartsjö, Sweden.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A