

## Information Sheet

### **Program Title:** *Remedial Exercise 2024: From Assessment to Implementation: The Complete Webinar Series*

**Course Description:** The goal of remedial exercise is to identify dysfunctional movement patterns that may result in decreased performance or an increased risk of injury. This state-of-the-art series will teach you how to integrate remedial techniques into an individualized workout plan for your client. Starting with a comprehensive movement screen, you'll learn how to design a program using a holistic approach to address mobility, stability, and performance while reducing the risk of injury.

#### **Learning Objectives:**

- After viewing Module 1: Setting a Baseline: Screening, Assessment & Testing, you will be able to
  - Discuss the Injury/Degeneration cycle.
  - Compare and contrast various movement screening tools.
  - List the components Functional Movement Screens.
  - Explain the components of an observational gait analysis.
  - Explain the components of the various drills to assess senior-specific tasks.
  
- After viewing Module 2: Functional Mobility: Improving Range of Motion and Control you will be able to:
  - Identify the normal range of motion for joints
  - Explain how to instruct clients on proper use of breath work
  - List the various modalities to improve ankle and hip mobility.
  - Explain the various modalities to improve shoulder and t-spine mobility.
  - Identify how to strength the mobility pathway to properly use and maintain the restored mobility.
  
- After viewing Module 3: Coaching and Cueing to Improve Movement Patterns, you will be able to:
  - Discuss the various types of feedback.
  - Identify the six foundational movement patterns.
  - Explain the biomechanics of the six foundational movement patterns.
  - Explain how to regress and progress the six foundational movement patterns.
  - List the common compensations of the foundational movements.
  - Utilize appropriate and informative cueing for each movement.

- After viewing Module 4: The Essentials of Gait Development: you will be able to:
  - List the phases of the Gait Cycle.
  - Discuss the link the core plays in upper and lower body movement.
  - Compare and contrast acceleration and deceleration.
  - Identify the phases of deceleration.
  - Explain the important components and benefits of good landing technique.
  
- After viewing Module 5: Preparing for the worst: Preventing Common Fitness Injuries you will be able to:
  - Identify musculoskeletal causes of back and neck pain
  - Identify risk factors for knee pain
  - Define functional shoulder training
  - Identify high risk exercises for the shoulder
  - Explain how to modify shoulder exercises to minimize risk
  - Describe exercise techniques to minimize risk to the rotator cuff
  - Explain the cause of concussion

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

**Schedule and Format:** Self-paced recorded webinar.

**Registration Fees:** See our website for details: [www.exerciseetc.com](http://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. All books must be returned in saleable condition. That's it. No questions asked.

**Course Developer and Presenter Credentials:**

**Mike Deibler, MS, CSCS**

Mike is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly

certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A