

## Webinar Information Sheet

**Webinar Title:** "Understanding Shoulder Dysfunction"

**Course Description:** Shoulder injuries are rampant among exercisers and this in-depth course will show you specific exercises and techniques for common, chronic shoulder conditions. You'll explore exercise modalities for clients who are living with impingement, rotator cuff tendinitis, bursitis, arthritis, painful mobility and much more. This webinar is so packed with useful information -- you'll probably refer to it over and over again!

### Learning Objectives:

- After viewing this webinar you will be able to:
  - Identify common shoulder conditions and the statistics associated with them
  - Explain common causes for impingement syndrome
  - Describe causes for imbalances that lead to unstable scapulae
  - List the functions of the rotator cuff
  - List tips and modifications to prevent shoulder injuries

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

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

**Registration Fees:** \$20.00

**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 by email within that three day window and provided you have not generated your continuing education certificate we will issue a full refund. That's it. No questions asked. (Once you have generated your CE certificate you can not cancel the order.) ***Remember that all webinars must be viewed in the year they were purchased!***

### Course Developer Credentials:

Chris Marino, M.S., CSCS

Chris is a strength and conditioning specialist in private practice in the metro Philadelphia area. With almost 10 years experience in all aspects of fitness Chris specializes in training clients with chronic orthopedic conditions and those who have been released from physical therapy following joint replacement, surgery or injury. Chris is the owner of "Marino's Body Shop," a personal training management company located in southeastern PA specializing in Boot Camps for different fitness levels. Chris is certified by the NSCA, ACSM, and ACE and is experienced in

functional training, core conditioning and advanced exercise techniques for athletes and recreational athletes. Chris joined our faculty in 2001.

**Course Presenter Credentials:**

**Mike Deibler, MS, CSCS**

Mike is Exercise ETC's Director of Education. He 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. Mike joined our faculty in 2008.

**Contact Hours/CEUs/CECs:** *Please visit our website for the most up-to-date continuing education awards.*

**Sponsors:** N/A