Information Sheet : The Hip: An Owners Manual

Program Title: The Hip: An Owners Manual

Course Description: "Gluteal Amnesia" is when weak or deconditioned gluteal muscles are unable to generate enough contractile force to perform functional activities like squats and deadlifts. This brand new webinar will teach you the roots of gluteal amnesia as well as how to assess for gluteal dysfunction. Then you'll learn a whole slew of traditional and non-traditional strength and flexibility exercises that can be done anywhere -- with minimal equipment. Whether you are training athletes, seniors or anyone in between this eye-opening webinar will revolutionize your hip training routine.

Learning Objectives: The Hip: An Owners Manual

- Understand the function and connection gluteals have to movement and why weakness in this area can be detrimental
- Apply techniques with your clients to assess gluteal weakness
- Select exercises and proper progressions of exercises to help strength gluteal maximus, medius, and minimus
- Recall the actions of these muscles and how to insure utilization of them as primary movers vs. synergists vs. stabilizers vs. antagonist
- Related the importance of eccentric strengthening to movement and function

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

Schedule and Format: 2-hour workshop

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 within that three-day window and then return the book to us in saleable condition. That's it. No questions asked.

Course Developer Credentials:

Mike Deibler, M.S., 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. Mike is our Education Director; he joined our faculty in 2008.

Course Presenter Credentials:

Laura Abbott, M.S., LMT

Laura Abbott is an NCTMB certified and Georgia licensed massage therapist having graduated from Academy of Somatic Healing Arts in Atlanta, GA. She earned her undergraduate degree in Exercise Science and her Master's Degree in Sports Medicine from Georgia State University, and she interned in the Emory University Cardiac Rehabilitation Department and at the Georgia Institute of Technology Athletic Department. Laura worked with Federal Occupational Health training and educating Federal Law Enforcement officers and traveled around the country presenting continuing education programs for many years. She has been quoted in Ladies Home and was a featured speaker for the Speaking of Women's Health Expo for 2 consecutive years and she has presented at the National American College of Sports Medicine conference. Laura currently teaches in the Kinesiology and Health department at Georgia State University and is a guest speaker at Atlanta area massage schools and at the Georgia State University Physical Therapy department. Since 1991 she has owned and operated Premier Performance, Inc. in Atlanta, specializing in exercise and massage therapy. She is the author of the book, Massage Therapy Review: Passing the NCETMB and NCETM published by McGraw-Hill and available on Amazon.com. Laura joined our faculty in 1996.

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

Sponsors: N/A