

BCRPA APPROVED Continuing Education
*** BCAA APPROVAL PENDING**

**Injury Prevention in the
 Shoulder: from
 Recreational Weightlifting to
 Performance Training**

**Michael Maxwell CSCS, Registered Kinesiologist, Chiropractic Intern
 Owner & Operator of Somatic Senses Ltd. www.somaticsenses.com**

Thurs August 23rd, 2007 7:15-10 pm
**Club Phoenix Health Fitness & Tan-
 ning**
Yoga Studio A ~ Victoria, BC



Part 1—1.5 Hours

- ◆ 6 Steps to a Successful Training Program
- ◆ Functional Anatomy & Biomechanics
- ◆ 6+ Commonly Utilized “High Risk” Injury Causing Exercises

Part 2—1.0 Hours

- ◆ Understand Your Client’s Needs
- ◆ Exercise Workshop



Michael is practicing as a chiropractic intern at Western States Chiropractic College Outpatient Clinic in Portland Oregon. He has been a Certified Strength & Conditioning Specialist since 2002 and has been actively involved in personal training, medical exercise, rehabilitation and performance training since 1997. Michael has had the fortunate opportunity to work with a variety of world class health professionals including Physical Therapists, Sport Scientists, Medical Doctors, Massage Therapists and Chiropractors. Michael has presented several continuing education courses to Personal Trainers, Strength and Conditioning Coaches, and Massage Therapists on topics related to functional anatomy, biomechanics, and injury prevention. Michael is also the owner and operator of **Somatic Senses Health & Human Performance Ltd.** a company that provides continuing education courses to Physical Therapists, Chiropractors, many other health care providers and fitness professionals featuring some of the world’s most renowned educators.

TWO-PART, JAM PACKED 2.5 HOUR LECTURE/WORKSHOP TOPICAL OUTLINE

SESSION 1:

FUNCTIONAL ANATOMY OF THE CAPSULOLIGAMENTOUS GH JOINT - (1.5 HOURS)

1. INTRODUCTION (5 MINUTES)
2. 6 STEPS TO A SUCCESSFUL TRAINING PROGRAM
3. FUNCTIONAL MUSCULAR AND CAPSULOLIGAMENTOUS ANATOMY OF THE GH JOINT (30 MINUTES)
4. FUNCTIONAL PATHOLOGY (WITH EMPHASIS ON HOW MECHANICS RELATES TO EXERCISE RELATES TO PATHOLOGY RELATES TO MECHANICS...) (30 MINUTES)
5. EXERCISE PRESCRIPTION - "RISKY BUSINESS" AND "PROGRESSIONS"— INTEGRATING PREVIOUS INFORMATION WITH COMMONLY PRESCRIBED EXERCISES (20 MINUTES)
6. Q&A (5 MINUTES)

- Session 1 is effectively the "UNDERSTANDING what NOT to do, When NOT to do it, What TO do, and When TO do IT!" part of the program.

SESSION 2:

PREVENTION, REHABILITATION AND PERFORMANCE EXERCISE—(1.0 HOURS)

1. GOALS – TAKING A HISTORY, EDUCATING YOUR CLIENT, INTEGRATING YOUR THOUGHTS (10 MINUTES)
2. EXERCISE WORKSHOP – CREATING THE FOUNDATION TO OPTIMAL FUNCTION (50 MINUTES)
 - Session 2 is the "What TO do session" in workshop format; getting into specifics of exercises that every client needs to perform.

Registration

GROUP RATES AVAILABLE! — CONTACT DEBBIE LODEWIJK at seminars@somaticsenses.com FOR INFO

REGISTER ON-LINE
www.somaticsenses.com

1. Register ONLINE at www.somaticsenses.com
2. Fill out this form and mail it with a \$60 cheque made payable to Somatic Senses Ltd.
1333 Ravens View Drive. Victoria, B.C. V9B 6B1
3. Payment by Fax to Somatic Senses Ltd. (250 483 1515) - VISA or MC

Card Type: _____ Card #: _____

Expiry Date: _____ Signature: _____

Name: _____

Mailing Address: _____

Work and/or Home Phone:(W) _____

(H) _____

Email Address: _____

4. By contacting Debbie at Somatic Senses Ltd. — (250) 661-1714 or seminars@somaticsenses.com