

Extended Education for Personal Trainers, Kinesiologists, Massage Therapists, Strength & Conditioning Coaches

The Foundation of Exercise Prescription for the Shoulder: for Health & Performance

Michael Maxwell, BHK, RK, CSCS, ART®

*Do you have clients with shoulder pain or dysfunction?
Do you want to optimize your client's health and performance?
Would you like to learn valuable techniques in exercise prescription?*



Presents a 2-day Practical Course on the Anatomy,
Biomechanics, Assessment and Exercise of the Shoulder
Saturday Sept. 30th - Sunday Oct. 1st in Victoria, B.C.

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GLOBAL OBJECTIVES

- To update and/or introduce participants to the anatomy and biomechanics of the shoulder girdle
- To provide guidance in the application of this knowledge for the purposes of exercise prescription, to reduce the risk of injury and enhance performance to the uninjured client.

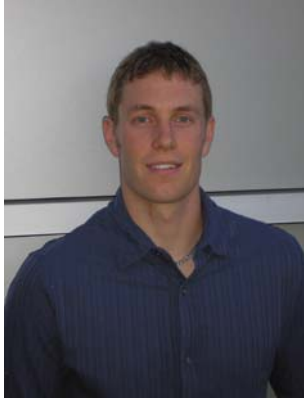
SPECIFIC OBJECTIVES

- To discuss detailed functional anatomy as it pertains to posture and movement.
- To introduce capsular and ligamentous anatomy of the shoulder and its impact on stability and function.
- To introduce concepts in optimal vs. non-optimal function and its affect in designing an exercise plan.
- To instruct and workshop in functional assessment that will allow more specific exercise prescription.
- To introduce basic pathology of the shoulder to guide exercise prescription decision making.
- To know when a referral to an allied health professional is necessary.
- To know which exercises are "risky business" and likely impede optimum health and performance, and which exercises promote health and optimum performance.
- To introduce and discuss client-specific exercise prescription, and the role of anatomical adaptation and prevention in exercise prescription.

TOPICAL OUTLINE

1. Functional Anatomy - articulations, muscular, ligamentous, and capsular anatomy.
2. Introduction to shoulder pathology.
3. Assessment of posture, range of motion, and movement of the shoulder (workshop)
4. Exercise Prescription - Goals and Phases of Training
5. "Risky Business" exercises
6. Strength, Stabilization and Stretching exercise (workshop)
7. Case Studies

Register ON-LINE
at SomaticSenses.com



Michael Maxwell, BHK, CSCS, RK, ART®

Michael has immersed himself in the environment of health, rehabilitation and performance since a relatively young age. He is now approaching 10 years experience in the health profession; originally as a Personal Trainer and Medical Exercise Specialist, and more recently, as a Certified Strength and Conditioning Specialist, and Registered Kinesiologist. Michael's experience and knowledge give him an excellent foundation to apply movement and exercise-based therapies. He has worked in conjunction with several Kinesiologists, Physiotherapists and Chiropractors, and has most recently worked as an Associate in a Multidisciplinary Medical Office.

Michael is a graduate from the University of British Columbia's Human Kinetics Program, and is currently pursuing his Doctorate of Chiropractic at Western States Chiropractic College.

Place: Victoria, BC

Studio 4 Athletics

Date: Sept. 30th (9am-3:00pm), October 1st (9am-3pm), 2006

**Cost: Early registration fee - \$169 (until Sept 1st)
\$219.00 late registration (after Sept 1st) or at Door (attendance is limited)**

Pay By: Visa, MC, or cheque made payable to Somatic Senses Ltd.

Ways to register:

1. REGISTER ON-LINE AT WWW.SOMATICSENSES.COM
2. Fill out this form and mail it with a 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 MASTERCARD

Card Type: _____ Card #: _____

Expiry Date: _____ Signature: _____

Name: _____

Mailing Address: _____

Work and/or Home Phone: (w) _____

(H) _____

Email Address: _____

4. By contacting Michael at Somatic Senses Ltd. — (503) 255 6099

For More Information Contact : (503) 255 6099 or michael@somaticsenses.com

★ Credit Card Payment—please note that an imprint and signature will be required upon seminar check-in. Credit Cards will be checked for approval upon registration, but not processed until the initial date of seminar.