



COURSE PROSPECTUS

REHAB ESSENTIALS

Welcome! We're so glad you're looking into investing in your career as a Fitness Professional. You've come to the right place.

Rehab Trainer is leading a fresh stream of education for the fitness industry: to create a new breed of Fitness Professional who is able to more effectively assess, rehabilitate and prevent low risk injuries from developing during their training of clients.

Our reputation has been built on quality, face to face, customised instruction provided by elite sports Physiotherapists and Fitness Educators. We are delighted with the feedback our students give us: more than 98% of our clients report feeling significantly more motivated, confident and knowledgeable in dealing with their injured clients after doing our courses. And happily, this translates to happier clients, increased profitability, and a lower dropout rate for them, too.

I EDUCATIONAL AIMS

(and no, we're not trying to turn you into a physio)

After completing the Rehab Essentials course, Fitness Professionals will function according to the five-part "Rehab Trainer" model as a safe and effective method to achieve that goal. This model is quite distinct from the Physiotherapy model, therefore preventing the concern that professional boundaries are being crossed. Rather Rehab Trainers seek to strengthen old boundaries: specifically, that PT's should never diagnose injuries, should refer injuries that are high risk immediately to an allied health professional, and should not engage in certain types of isolation exercises that are most effectively carried out by a physiotherapist. Therefore be assured – you are not attempting to become a Physiotherapist. You are becoming a more highly skilled Fitness Professional who has a new tool-box of skills with which to deal with the litany of small niggling injuries that plagues the fitness industry.

Rehab Trainers are encouraged to consider themselves a part of the "Rehab Team" for a particular client who has a low risk injury, in the same way that a massage therapist or physiotherapist might.

The primary and essential learning goal of the Rehab Essentials course is to teach Fitness Professionals two assessment skills (1&2 below) and three intervention skills (3-5 below). These five skills are then applied to each of the three main body areas - upper, lower limbs and spine – in the event of a client reporting an injury.

I THE FIVE SKILLS OF A REHAB ESSENTIALS GRADUATE

1. Injury Risk Profiling

The Rehab Trainer (RT) will be able to safely and effectively categorize a client's presenting injury as "Low Risk" or "High Risk" through a series of 4 questions and 4 tests that are relevant to each body-part.

2. Analysis of Patho-mechanics (movement dysfunction)

The RT will be able to analyse a client's poor movement patterns during a chosen loaded exercise. Slow-motion video replay enables a more effective learning process for every PT. They will analyse these patho-mechanics in the context of three categories:

- Poor Positioning
- Poor Technique
- Poor Biomechanics

3. Loosening Procedures

The RT will learn new approaches to 'general stretches' and 'point stretches' (trigger pointing) for each body area. The RT will cease to use any stretches deemed unsafe or ineffective. The RT will become familiar, and in time proficient, with many new techniques and positions that they can use with a client.

4. Activation Drills and "Rehab Tricks"

The RT will learn new rehab drills and activation techniques to improve muscle control and stability of joints.

As an example, the RT will become proficient in the use of rubber tubing for "Iso-Integration" during standard exercises that can be applied to each body area: it is extremely PT friendly and allows clients to fast track towards their goal-exercises.

RT's will learn much more specific warm-up and warm-down drills using swiss balls and other existing equipment in the gym, without asking the PT to engage in lower-level Physio exercises.

5. Critical Path Exercise Prescription

The RT will be able create a "stepping stone" exercise that the client can do without pain, with a view to improving a client's patho-mechanics. The RT will then gradually be able to progress them towards their goal exercise, be that running or shoulder press or whatever.

... and you'll also get...

- Revision of basic muscle and joint anatomy
- Enhanced functional anatomy knowledge targeting each body area, with a focus on aspects that are relevant to commonly seen injuries, eg "Walking the Tight-Rope of Optimal Patello-femoral Alignment".
- Bringing a new respect for pain in an injured body-part and it's debilitating role on proprioception and active joint stability
- Better communication with other allied health professionals, esp Physiotherapists and Chiropractors, in order to operate more effectively as part of a "rehab team"

THE STRUCTURE AND CONTENT OF THE THREE DAY REHAB ESSENTIALS COURSE

We know that you're an active person, and you wouldn't have chosen your profession if you liked sitting at a desk all day, so we make sure we mix it up for you.

Each day will be broken into four parts: the first morning session, morning tea, second morning session, lunch, first afternoon session, afternoon tea, and the final afternoon session. Each session will involve a combination of theory and prac work, with loads of time to ask questions and put into practice what you are learning.

Morning and afternoon tea is provided, and you will have an hour for lunch. There are shops nearby for you to source your own meal.

Remember, it is our goal to make these three days immensely rewarding and enjoyable for you, so if there is anything we can do to help make your day better, please speak up. We thrive on honesty!

DAY 1

Session 1 QUICK Rehab Record Workshop
Risk Assessment Practical
Shoulder / Elbow Biomechanics
The House Renovation
Patho-mechanics of the Shoulder
Introduction – course outline

BREAK

Session 2 Loosening Techniques

LUNCH

Session 3 Activation & Rehab Techniques

BREAK

Session 4 Blending into Training
Case Studies / Discussion

DAY 2

Session 1 Risk Assessment

Session 2 Hip, Knee and Foot Muscle Imbalances and Biomechanic

Closed Kinetic Chain Movement
(3 Squat Types, Lunges & Running)

BREAK

Session 3 LL Evaluation of Patho-mechanics
LL Loosening Techniques

LUNCH

Session 4 LL Loosening Techniques (Continued)

Session 5 LL Activation Techniques focusing on:
* Gluteal Activation and Control
* Quadriceps Exercise Progression

BREAK

Session 6 Running Progressions

Case Studies / Discussion

DAY 3

Session 1 Risk Assessment of the Spine

Session 2 BRIEF Functional Anatomy of
C, T, L spines

Pelvic Tilt and Drag

FRLBP and Disc Pathology

BREAK

Session 3 The Inner Unit: esp Abdo & Diaphragm
Function

EXAM EXAM and certificates

LUNCH

Session 4 Loosening Procedures for the Spine

Session 5 Evaluation and Retraining for:
Perfect Deadlift
Perfect Straight Squat
Perfect Twist Squat

END FINISH & Feedback forms

I COURSE MATERIALS

On the first day of the course, you will receive:

- A high quality, comprehensive, bound Course manual containing all the secrets you'll need to know to become a Rehab Trainer!
- Specific loosening technology and tools from Lockeroom, including thera-tubing
- Laminated Risk Assessment cards
- Pad of Rehab Records

I ASSESSMENT

In the middle of Day 3, you will be sitting an exam. This takes the form of a half-hour practical and theory exam.

The pass mark is set at 15/22.

Every effort will be made by the Rehab Trainer Educators to ensure you have the skills and knowledge you need to pass this assessment with flying colours!

At the successful completion of the exam, you will receive:

- Club Rehab membership subscription for 3 months
- CEC or CPD certificates for Fitness Australia / REPS UK / ACE credits / REPS NZ / REPS UK / NASM / NSCA

Rehab Trainer Certification

Each Graduate who passes assessment receives a Certificate of Accreditation, and the privilege of referring to themselves as Accredited Rehab Trainers.

Course Numbers

A maximum of 20 participants is allowed in Rehab Essentials, so early registration is necessary to guarantee a place. This number has been set to ensure a quality learning experience for all involved.

Course Educators

Each state has its own dedicated Educator, in most cases an experienced Sports Physiotherapist with their own private practice.

Dates and Locations

Rehab Essentials is offered in major cities in a number of international locations. A full list of all dates and locations is available on the website.

The Rehab Trainer Brand

Rehab Trainer is a Registered Trademark in Australia, and as such can only be used with the express permission of Ulrik Larsen, founder and proprietor. Accredited Rehab Trainers may use the brand to promote their skills.

CONTACT US AT ANY TIME:

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DISCLAIMER:

While the Rehab Trainer Course aims to equip the Fitness Professional with the skills they need to be involved with the rehabilitation of low-risk injuries, at no time can they be involved with diagnosing an injury, or be seen to take the place of an allied health professional or medical practitioner.

While every skill taught on the course will enhance the safety of training of injured clients, Rehab Trainer can take no responsibility for the actions of Fitness Professionals engaging in the training of injured clients.