

COURSE PROSPECTUS

REHAB MASTERCLASS



Welcome Back! Your journey began with Rehab Essentials: gaps in your knowledge were filled, the “R..E..H..A..B” protocol was introduced, and your tool-box of skills was massively expanded so as to be effective with client’s injuries.

NOW we would like to offer you as a highly motivated Rehab Trainer a 2-day intensive course that aims to broaden and deepen your skills. All that you learned in Rehab Trainer will be cemented in as we take everything to the next level!

Intensive one-on-one theory and practical learning will ensure your injury prevention, pain reduction, and bio-mechanics optimization knowledge and skills will surpass your own expectations! The new species of PT that is the Rehab Trainer, will now be able to evolve and be as specialized and as effective as possible in the gym and training context without becoming an actual Physiotherapist!

Once you have passed our more rigorous assessment procedure (see below), you will be given the right to call yourself a “Master Rehab Trainer”, and in the near future be registered as such for clients and prospective employers to view.

Registrants will be taken on a first-in, first-served basis, with no more than 14 at a time accepted.

REMEMBER The Masterclass will not be for every Rehab Trainer, only for those taking their rehab work very seriously. They are a select and motivated number of graduated Rehab Trainers who have decided that they want to be the best in Injury Prevention and Bio-mechanics Optimization that an Exercise Professional can possibly be.

I WHAT IS INCLUDED IN THE COST:

Here's a selection of what you will learn and receive as part of the course fees:

1. The Pressure Biofeedback Unit is included in the cost! (value approx. \$120): used by Rehab-specialists for over 20 years to teach clients movement re-learning for lumbo-pelvic, cervical, scapular and lower limb dysfunctions.
2. Taping: Receive one roll of Rigid Tape and also KT Tape: learn how to reduce pain immediately and facilitate quality movement for your client. Your clients will LOVE this!
3. "MDA's": Assess tightness and movement blockages accurately at all major body areas: testing muscle and joint range of movement deficits to aid injury recovery.
4. Understand and retrain running technique errors to minimize injury and optimize performance, and have the option to learn about cycling and boxing injuries.
5. Pre-course reading to help you prepare,
6. High quality course manual with photos and pictures to help you remember what you've learnt.
7. Assessment in 3 parts: a) Case Study Analysis b) Open book group discussion c) Multi-choice questionnaire. We will help you get there!
8. Certificates for 15 CECs with Fitness Australia, and 1.8 ACE points elsewhere.
9. Public online registration through Club Rehab as a Master Rehab Trainer in your region

I EDUCATIONAL AIMS

- To effectively use the Pressure Biofeedback Unit (included in cost) to assess and re-train poor motor control issues at the core of chronic muskulo-skeletal pain
- To demonstrate good technique with Movement Deficiency Assessments, and understand the relationship of that to their current movement fault and / or pain presentation.
- To be able to apply Rigid Tape and KT Tape (included in cost) to a client's body part and see a reduction in pain, and an improvement in function.
- To understand gait, cycling and running patho-mechanics and technique errors, and how to retrain a client towards optimal running technique via the 'POSE' method.

THE STRUCTURE AND CONTENT OF THE TWO DAY REHAB MASTERCLASS COURSE

As with Rehab Essentials, 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.

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

DAY 1

8.00 – 10.00 Spine
Enhanced Movement Assessment for the Spine and Pelvis

10.00 – 10.15 Morning Tea (15min)

10.15 – 12.15 Spine
Advanced Secrets of Assessment and Retraining with Pressure Biofeedback Unit

12.15 – 1.00 LUNCH (45min)

1.00 – 2.00 Spine
Taping, Flexibility Assessment and Integrated Rehab Principles

2.00 – 5.00 Lower Limb
Common Injuries Understood, Taping, Flexibility Assessment

DAY 2

8.00 – 10.00 Lower Limb
Bike and Running Assessment and Retraining

10.00 – 10.15 Morning Tea

10.15 – 12.15 Upper Limb
Common Injuries Understood, Taping, Flexibility Assessment

12.15 – 1.00 LUNCH (45min)

1.00 – 3.00 Upper Limb
Continue Taping, Pressure Biofeedback Applications, Retraining for Boxing

3.00 – 4.00 Programming and Integration
Principles for Quality Rehab Training Assessment

I ASSESSMENT

Before your course starts you will be sent your Learning Challenge Case Studies that will direct you over the length of the course. Feel free to read it.

At the end of the second day, your official assessment will take the form of a half-hour multi-choice exam. For this exam you need a pass of 14/20 and you may receive your CEC's.

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!

CEC Accreditation

Each Graduate who passes assessment receives 15 CEC points from Fitness Australia and 1.8 ACE points.

Course Numbers

A maximum of 14-16 participants are allowed in Rehab Masterclass, so early registration is necessary to guarantee your place. This number has been set to ensure a very high quality learning experience for all involved.

Masterclass Educator

Rehab Masterclass has been written by Ulrik Larsen, APA Sports Physiotherapist, and Rehab Trainer's founder and developer. Educators are carefully chosen from the Rehab Trainer Group of elite Sports Physiotherapists.

Course Fees and Payment

The full cost of Rehab Masterclass varies from country to country.

A deposit of \$200 will be deducted upon registration, and full payment is required four weeks prior to the start of the course.

Payment by instalment is available upon request.

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. Various forms of promotion used by Australian Fitness Professionals have included stickers, email, word-of-mouth and inclusion in gym newsletters.

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.