

# REHAB ONLINE

## REHAB ONLINE

### “ The Rehab Express Virtual Course”

#### *Injury Management Skills Made Easy*

In this course you will learn how to fix your clients' low risk, niggling movement problems, from the comfort of your own home, studio or clinic, anytime.

#### *What you will get*

- Videos of the full Rehab Express face to face workshop plus an extra 33% of extra knowledge and video content.
- Many practical, easily downloadable videos showing you how to use the Posture Pro, Rehab Dowel, and Theraband for correcting the Five Muscle Imbalances
- Three quick Screening Tests that may indicate an injury is “High Risk”
- 6 Fitness Australia CECs, 0.7 NASM and 0.7 ACE points

#### *This course is for you if you or your clients are suffering from:*

- Niggling / chronic aches and pains during or after exercise
- Poor or imbalanced muscular development
- Decreasing range of movement in joint or myofascial areas due to training
- Inability to change technique even with good coaching
- Impaired sports performance despite great training methodologies
- Time or geography constraints!

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The key is understanding Muscle Imbalance and how to correct it - from the brain level (“Movement Switches”) right down to the muscle fibre level. Learn from the comfort of your own gym, studio or clinic how the world-class R.E.H.A.B. method can help you effectively assess and correct the 5 main muscle imbalances from which most clients suffer, and that underpin so many chronic niggling biomechanical problems.

If you have never experienced how you could help all your clients with niggling aches and pains, then get ready to be excited about how much you actually can do without ever needing to become a medical professional! Trust us - you will be surprised at how clients will rave to their friends about what you are doing to help them...

Keep clients on their fitness plans with less injury frustration!

You can easily help your injured clients without becoming a Physiotherapist or Medical Professional. Yet if you are an Injury Specialist, this method for assessing and treating movement dysfunction will give you the bigger picture view that you have been looking for.

The key is the incredible “**R+E+H+A+B**” skill-set. It keeps you safe from making mistakes with injured areas, and yet gives you powerful tools to make a difference!

# REHAB ONLINE

## *What you will get:*

- Rehab ONLINE includes videos of the full Rehab Express face to face workshop plus an extra 33% of extra knowledge and video content.
- Option to purchase 3 powerful rehab tools when Rehab Trainer is in Malaysia (Cost will be advised in future date due to uncertainty on the logistics costs). The tools are:
  - Posture Pro by Lockerroom
  - Rehab Dowel
  - 1.5m length Theraband
- Many practical, easily downloadable videos showing you how to use the Posture Pro, Rehab Dowel, and Theraband for correcting the Five Muscle Imbalances
- Three quick Screening tests that may indicate an injury is “High Risk”
- Hours of practical Videos at your own pace or with colleagues, showing you how to use the Posture Pro, Rehab Dowel, and Theraband for correcting the Five Muscle Imbalances
- Help on how to blend new movements into Functional Movement patterns and lifestyle changes
- Full color Completion Certificate (e-version) download once you have completed the short Multichoice Assessment
- 6 Fitness Australia CECs, 0.7 NASM and 0.7 ACE points

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*This course is suitable for:*

- Sports Coaches (all sports)
- Athletes
- Accredited Exercise Physiologists (AEP's)
- Personal trainers
- Gym instructors
- Massage therapists
- Physical educational teachers
- Sports science & Exercise science students.

## *Course Overview*

- Discover HOW injuries are created to prevent many happening – understand the negative powers of Training Error, “Holding Patterns”, Asymmetry from old Injury, and how they create Muscle Imbalance.
- Learn three quick Screening tests that may indicate an injury is “High Risk” and needs referral to a Specialist as a high priority.
- Understand the 5 Main Muscle Imbalances that afflict the shoulder, knee/hip and low back, setting clients up for injury, or turning them into chronic issues.
- Receive and be taught practical techniques with the Posture Pro and Rehab Dowel for the ‘release’ of dominant areas of fascial tightness, muscular trigger points, and mobility barriers.
- Use the simple Theratubing and “Rehab Dowel” to retrain faulty movements and teach activation drills for inhibited muscles of each of the 5 main muscle imbalances.
- Learn effective Cues for each of the 5 Inhibited Muscles / Movement Patterns
- Blend new movements into functional patterns, lifestyle, and set homework for your clients to keep them improving in their own time.

# REHAB ONLINE

## *How is Rehab Online different from Rehab Express?*

Rehab ONLINE is the Rehab Express workshop, on steroids! It includes an extra 33% of expanded content – effectively it would take 1.5 days to teach it face to face.

Examples of the extra material:

- How your Injury History sets you up for Asymmetry and Muscle Imbalances
- How Training Error creates Muscle Imbalances
- The connection between your Psychology (Mindset) and Muscle Imbalances via “Holding Patterns”
- Three Types of Pain and how they can be recognized
- The purpose of Risk Assessment and how to carry out 3 simple and safe High Risk Injury Screening Tests
- Videos demonstrating via Taping how each Muscle Imbalance affects the body.
- Videos demonstrating how Muscle Imbalance correction can be utilized for the prescription of functional movement exercises for clients.

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## *Continuing Education Credits*

The course attracts 6 Fitness Australia continuing education credits (CECs), 0.7 continuing education units (CEUs) with the National Academy of Sports Medicine (NASM) and 0.7 points with the American Council on Exercise (ACE).

Participants who complete the workshop and Multichoice Exam will receive a well-designed colour certificate.

Rehab Online **DOES NOT** accredit you to function as a Rehab Trainer. Only the Rehab Essentials course certifies you to become an Accredited Rehab Trainer, not any other Rehab course including Rehab Express or Rehab Online. For more information on Rehab Trainer Essentials course click: <https://fit.com.my/course/rehab-essentials/>

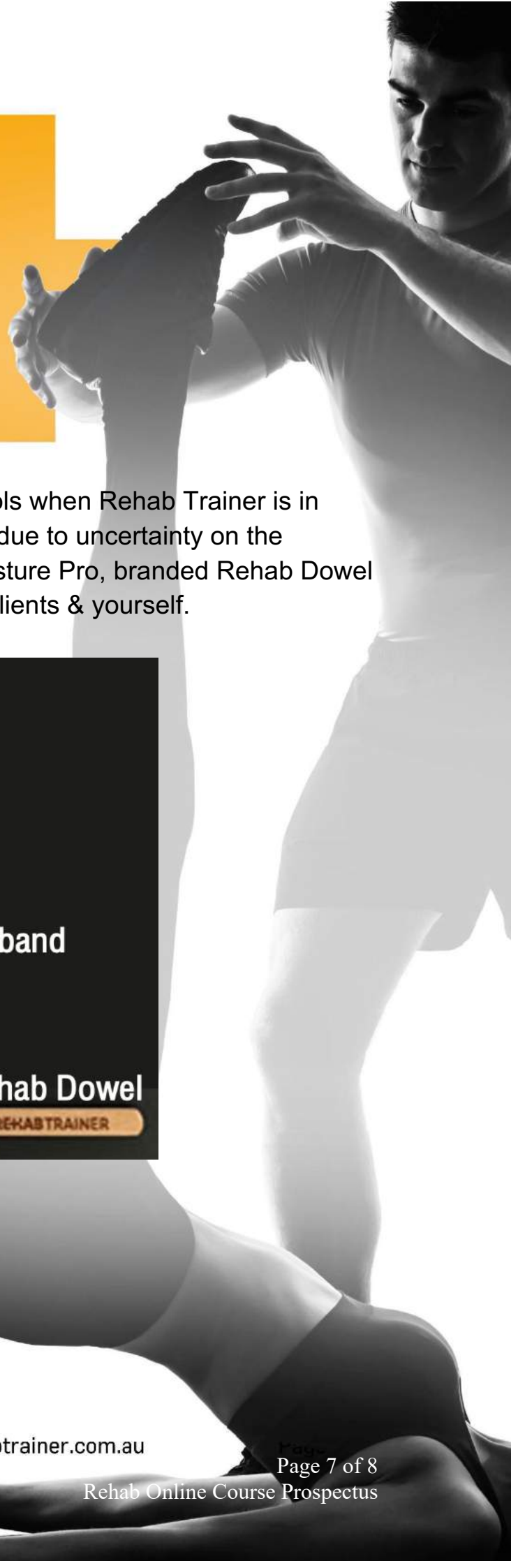
## *Entry Requirements*

Participants must be 16 years of age and over to join the course.

## *Completion Requirements*

In order to gain the Rehab Express certificate, you are required to complete a small assessment task. You only need to pass an online knowledge check that includes a mix of multiple-choice & short answer questions.

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## *Equipment Costs*

Option to purchase 3 powerful rehab tools when Rehab Trainer is in Malaysia (Cost will be advised in future due to uncertainty on the logistics costs). The tools includes a Posture Pro, branded Rehab Dowel and 1.5m Theraband for use with your clients & yourself.



# REHAB ONLINE

## DISCLAIMER:

The following pages of **Course Prospectus of Rehab Express Face-to-Face course** are for your reference only.

In Rehab Online course, you will get the videos of the full Rehab Express face to face workshop, including learning the same content from Rehab Express face to face workshop, as well as an extra 33% of expanded content – effectively it would take 1.5 days to teach it face to face.

### Cons:

You do have the face to face practical learning and coaching experience with the educator and classmates.

### Pros:

You enjoy the benefits of watching the video over and over again, and you can practise these techniques at your own pace.



**REHAB** TRAINER



**REHAB**  
**EXPRESS**

**KICKSTART  
YOUR  
INJURY  
MANAGEMENT  
SKILLS**

CONTINUING PROFESSIONAL DEVELOPMENT

# REHAB EXPRESS

## KICKSTART YOUR INJURY MANAGEMENT SKILLS!

Keep clients on their fitness plans with less injury frustration!

The key is the incredible “R+E+H+A+B” skill-set - it keeps you safe from making mistakes with injured areas, and yet gives you powerful tools to make a difference!

- + Discover enough about HOW injuries are created to prevent many happening – understand the negative powers of “Holding Patterns”, asymmetry and muscle imbalance.
- + Learn three quick Screening tests that may indicate an injury is “High Risk” and needs referral to a physiotherapist as a high priority.
- + Understand the 5 main muscle imbalances that afflict the shoulder, knee/hip and low back, setting clients up for injury, or turning them into chronic issues.
- + Receive and be taught techniques with the Posture Pro tool for “Turning Down” dominant areas of fascial tightness, muscular trigger points, and mobility barriers.
- + Use the simple “Movement Conductor” (short dowel) to retrain faulty movements and teach activation drills for inhibited muscles for each of the 5 main muscle imbalances.
- + Blend new movements into functional patterns, lifestyle, and set homework for your clients to keep them improving in their own time.
- + Receive 6 CEC's from Fitness Australia, 0.7 NASM CEUs or 0.7 ACE credits.

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## FACE TO FACE COURSE TIMETABLE

9.00 – 10.30	Theory of Injury, Holding Patterns, Muscle Imbalance and Asymmetry Risk Assessment
10:30 – 10:40	Morning Tea / Break 10min
10:40 – 13:15	5 Main Muscle Imbalances with Evaluation, Loosening Procedures and Activation Drills: SHOULDER / NECK / ARM <ol style="list-style-type: none"> <li>1. Pec Minor Dominating Lower Traps and Serratus Anterior</li> <li>2. External Rotator Cuff Dominating Subscapularis and Supraspinatus</li> </ol>
13:15 – 14:45	Lunch
14:00 - 17:00	KNEE / HIP / LOW BACK <ol style="list-style-type: none"> <li>3. Vastus Lateralis Dominating Vastus Medialis</li> <li>4. Tensor Fascia Lata Dominating Gluteus Medius</li> <li>5. Hamstrings / Adductor Magnus Dominating Lumbar Multifidus</li> </ol> Blending Rehab into: <ul style="list-style-type: none"> <li>+ Functional Movement Programmes</li> <li>+ Client sessions</li> <li>+ Client Homework</li> </ul> Finish

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## COURSE CONTENT

Become confident in the cutting edge “R+E+H+A+B” skill-set. Avoid mistakes with injured areas and learn to manage clients’ pains and niggling injuries.

### R RISK ASSESSMENT OF THE INJURY

Injuries can be classified into “high risk” or “low risk” by the PT so they can decide accurately and confidently which injuries can be trained through (*termed Low Risk or “Functional Injuries”*) and which ones need to be trained around (*termed High Risk or “Pathological”*). The PT will simply learn one High Risk Test for the upper limb, the lower limb and the spine that will guide them to make the right decision. Note that this is nothing like the complex process of “Diagnostics” that a Physiotherapist will go through to determine what structure is injured.

- + Low Risk / High Risk Injury states PRAC
- + Critical High Risk Tests

### E EVALUATION OF MOVEMENT DYSFUNCTION

This observational skill is based on a deeper understanding of Poor Positioning, Poor Technique, and Poor Biomechanics – few PT courses go to the next level of analysing and retraining the habituated poor movement of individual joints in a kinetic chain, for example, *How do I know if someone’s scapula demonstrates muscle imbalance in the seated row or bench press? Or: What does it look like when someone’s low back is at risk of a disc bulge when they are doing squat?*

- + Power of Habituation / A Poor Normal
- + Muscle Imbalance
- + L/R Asymmetry as main driver of injury:
- + Injury Hx
- + Dominance
- + Sporting and working Hx

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## a. MUSCLE IMBALANCES COVERED:

- + Pec Minor Dominance over Lower Trap and Serratus Anterior in PULL / PUSH MOVEMENT
- + Infraspinatus / Teres Minor Dominance over Subscapularis / Supraspinatus in OVERHEAD PRESS
- + Tensor Fascia Lata (TFL) Dominance over Gluteus Medius in SINGLE LEG CONTROL
- + Vastus Lateralis Dominance over Vastus Medialis in SQUAT / LUNGE / RUNNING
- + Hamstring / Adductor Magnus Dominance over Lumbar Multifidus in DEADLIFT

## H HANDS-ON LOOSENING PROCEDURES

PT's are taught effective and safe Trigger Point, PNF and Passive stretching techniques for each body area, and old stretches are revised and corrected if necessary. Many new techniques and positions are introduced that the PT can do for a client.

- + Trigger Point Release ("TPR")
- + PNF-Myofascial Release ("Pulse") Technique

## b. PRAC TECHNIQUES

1. Pec Minor #1 and #2
  - + PPro / Hand Pulse; Self
2. Ext Rotator Cuff
  - + PPro / Dowel Pulse
3. TFL #1 sitting or #2 supine opp hip flex
  - + Pulse PPro or Knee
4. Vastus Lateralis
  - + TPR PPro / Hand
5. Hamstring / Add Mag (with foot heel)

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- 6. Heel TPR
  - + PPro / Knee Pulse

## A ACTIVATION DRILLS AND TECHNIQUES

Retraining and rehabilitation drills that enhance muscle control and stability of joints in a gym environment are applied to each body area – practical exercises that are extremely PT friendly and allows clients to fast track towards their goal-exercises. In addition, simple activation drills are incorporated into warm-up and warm-down using swiss balls and other existing equipment in the gym, without asking the PT to engage in lower-level Physio exercises that just don't work in a gym environment.

- + Theory of Inhibition / Activation
- + Isolation
- + Integration
- + "Iso-integration"

## C. PRAC TECHNIQUES

1. Lower Trap isolation during PULL
2. Lower Trap integration into PULL
3. Serratus Anterior isolation during PUSH
4. Subscapularis Iso-integration during PUSH (tubing at the hand during press)
5. Gluteus Medius Hip Iso-integration during single leg balance
6. Vastus Medialis Knee Iso-integration during lunge and crab walk
7. Lumbar Multifidus (Low Back) integration into body-weight deadlift

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## B BLEND INTO TRAINING!

Rehab skills are blended into fitness programmes and functional movements, creating “stepping stone” exercises that the client can do without pain and with the opportunity to retrain their patho-mechanics. Gradually they are progressed towards their ‘goal exercises as their injury resolves.

- + Powerful warm-ups to minimize muscle imbalances
  - + Warm downs:
  - + long passive holds and rolling;
  - + taking isolation drills to fatigue;
  - + client homework

### FUNCTIONAL EXERCISE PRAC

- + Blending into Functional movement combos:
  - + Lunge / thoracic rotation / one arm row
  - + Sumo squat hold / dumbbell two handed lift
  - + Single arm Cable push / thoracic rotation / lunge opposite side
  - + Step up with opposite overhead press
  - + Single leg balance with bicep curl

## ENROL NOW

Find your course: [www.rehabtrainer.com.au/courses/rehabexpress](http://www.rehabtrainer.com.au/courses/rehabexpress)

Got questions? Contact us: [www.rehabtrainer.com.au/contactus](http://www.rehabtrainer.com.au/contactus)