

Hyperblade Fundamentals- IASTM Technique for Personal Trainers

Help Your Clients Recover Faster

Course Overview

Are you looking for a new method to decrease muscle hypertonicity, promote muscle fiber growth, reduce lactic acid build up, decrease stiffness and sore muscles, and get yourself or your clients back into action – fast? Are you looking to add another method to your foam rolling skills, trigger point therapy, stretching, and all the recover tools out in the market?

Your Clients almost never come to a training session free of symptoms of muscle tightness, limited range of motion, and even pain brought on by the demands of daily living. Learn how you can apply the skills taught in our Hyperblade Fundamental Course during your client's warm up session to restore motion in preparation for a fully charged workout session with you!

What To Expect

Highly Interactive 8 Hour Workshop that teaches direct application protocols of the Hyperblade results that your clients can immediately experience.

- Learn the correct Hyperblade protocols for every joint, muscle, and connective tissue in the body using the different areas of the blade for different body regions and tissue types
- Learn proper pressure, placement, angles, length and techniques to maximize the effectiveness of the Hyperblade
- Learn how to combine patient active motion with the Hyperblade to mobilize your clients before your PT session and post session recovery.
- Learn and understand the safety protocols and contraindications of using the Hyperblade when working clients with different conditions and backgrounds

Course Topics

- What is Instrument Assisted Soft Tissue Manipulation (IASTM)
- What is the Hyperblade, functions, and how to utilize the tool
- Assessment and testing techniques
- Scraping Techniques



Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals
- Healthcare Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course Provider

Fitness Academy Asia (FAA)

CEC Points

ACE 0.8 CECs, NASM 0.8 CEUs

Course Duration

8 hours (1 day)

Learning Materials

Handouts

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

You are required to bring your own towel to cover and wipe your body.

Course Capacity

15 pax

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice