

BODYHACKS PRO PAIN MANAGEMENT SYSTEM

Fitness Academy Asia Limited, HK

16 hr Practical Workshop | Hong Kong | ACE 0.8 CECs

LEARN INDUSTRY BEST PRACTICES TO REDUCE SYMPTOMS IN 20 MINS

Symptoms to cover:

- **NECK & SHOULDER**
Neck headache, Neck Pain,
Frozen Shoulder, Tennis Elbow &
Golfer's Elbow
- **LOWER BACK & HIP**
Sciatica (piriformis syndrome),
Groin pain, Hamstring strain,
Hip Impingements
- **LOWER BODY**
Knee Pain, ITB Syndrome,
Shin Splints, Planta Fasciitis



For all professionals such as:

- Fitness Industry
- Movement Instructors
- Strength & Conditioning Professionals

WHY SHOULD YOU CONSIDER THIS COURSE ✓

The BodyHacks Pain Management System is a combined result of best practices derived from the medical and fitness industries. Using techniques that involve client's motion, soft tissue, stretching therapy and re-training central nervous system (CNS) for optimal movement & pain reduction

Learn how to **accurately test for muscular and neurological deficits** that contribute to pain and limit performance. Discover **hands on techniques** that are efficient, effective and can be done anywhere without equipment. Learn to compliment **stretching and exercise interventions** to fix mobility issues and reduce pain **FAST**.

COURSE HIGHLIGHTS ✓

- 01 Hands-on Training**
Spend 80% of the class learning hands-on techniques, stretches & exercises
- 02 Clinically Proven Best Practices for Top 15 Pain Symptoms**
Learn techniques to tackle the 15 most common pain symptoms found in the general public.
- 03 Become a Sought After Personal Trainer**
Differentiate your skills by offering treatment used by top athletes for your clients
- 04 Experienced Instructors**
Taught by a Top Professional from Hong Kong with global teaching experience

INSTRUCTORS ✓

Steven Chew
Master Instructor
Founder, Fitness Academy Asia,
Hong Kong



Dr. Joone Lee
Doctor of Chiropractic Bachelors of Medical
Rehabilitation, DC BMR
BodyHacks Course Author



CERTIFICATION >
CREDITS

ACE →
EDUCATION
PARTNER

CERF
GLOBAL

SCAN FOR MORE INFO >>



BODYHACKS PRO PAIN MANAGEMENT SYSTEM

Fitness Academy Asia Limited, HK

16 hr Practical Workshop | Hong Kong | ACE 0.8 CECs

COURSE OUTLINE BODYHACKS 2 DAY PRACTICAL WORKSHOP

Assessment + Certification

Review for Practical Skills will be conducted at the end of the course to check for understanding.

Certification of Attendance will be given

AIMS OF THE COURSE

- Why clients experience pain and how to reduce symptoms fast
- Rehab and corrective exercise techniques that are not taught in PT courses
- Accurately test for muscular and neurological deficits that contribute to pain and limit performance
- See and interpret subtle alterations in movement and motion that contribute to underlying dysfunction
- Discover manual muscle release techniques that are efficient, effective and can be done anywhere without equipment
- Help almost any deficit or injury discovered in the assessment of a client
- Use stretching and exercise therapy to restore mobility, balance, symmetry and movement

Provided Course Materials

- Course Manual
- Exercise Videos
- Technique Videos

Prepare

- Note pad and pen for notes
- Sports Attire (shorts/leggings, t-shirts)

OUTLINE

Step into the world of rehabilitation, exploring and learning the techniques used by therapists and chiropractors

No equipment required

- Incorporate BodyHacks into your client's warm up or cool down sessions with just a yoga mat and hands on soft tissue release skills you will acquire from the course

80% of the class is on **practical learning techniques**, stretches and corrective exercises

Learn about the 9 most common pain symptoms faced by the majority of the general population

- General causes
- Testing methodologies
- Physical therapy protocols
- Corrective exercise program

Use techniques that involve client's motion, soft tissue, stretching therapy, and re-training central nervous system (CNS) for optimal movement and pain reduction

- Functional Anatomy
- Palpation Technique
- Active Release Techniques
- Stretching and Corrective Exercise Suggestions

STRUCTURE

16 hour practical workshop 9am - 5pm

Day 01

- Introduction to Bodyhacks
- Module 1: Neck & Shoulder Techniques
 - Neck Headaches
 - Shoulder Pain
 - Frozen Shoulder
- Hips and Lower Back
 - Lower Back Pain

Day 02

- Review of Day 1
- Hip and Lower back (Cont.)
 - Sciatica
 - Groin Pain
- Knee and Ankle
 - Plantar Fasciitis
 - ITB Syndrome
 - Knee Pain

PREREQUISITES

- Recognized Certificate in Personal Training with at least 2 years of experience working with clients
- Degree in Sports or related fields
- Professional Certification in relevant fields

SCAN FOR MORE INFO >>

