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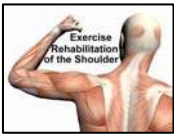
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Other Courses from Healing Through Movement

Exercise Rehabilitation of the Upper Body

Exercise Rehabilitation of the Shoulder with Rick Kaselj



In the Exercise Rehabilitation of the Shoulder course, functional anatomy of the shoulder joint will be reviewed. In addition, common shoulder injuries (frozen shoulder, shoulder impingement, rotator cuff tear and shoulder instability) will be discussed, and rehabilitative principles and exercises for each will be presented.

Exercise Rehabilitation of the Lower Back with Rick Kaselj



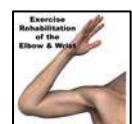
In a clinic or rehabilitation centre, the most common “trouble” area is the back. In this practical and hands on course, the most common back injuries will be discussed (degenerative disc disease, mechanical low back pain, lumbar disc herniation, post disc surgery, spondylolisthesis and spinal stenosis). This course is a must if you would like to increase your understanding, success and confidence in working with clients with low back injuries.

Exercise Rehabilitation of the Neck with Rick Kaselj



Your neck is the most used joint in your body. It becomes most evident when it is injured. Poor posture and awkward sleeping can lead to neck strains while motor vehicle accidents can lead to disc herniations, whiplash and cervical fusion. In the Exercise Rehabilitation of the Neck course you will learn the key structures of the neck, assess exercise readiness and effective exercises to recover from neck injuries.

Exercise Rehabilitation of the Elbow & Wrist with Rick Kaselj



The elbow and wrist are common site of repetitive injury and trauma. With the increase in computer use there has been an increase in carpal tunnel syndrome. As people increase their activity with racquet sports, golf and strength training there has been greater reporting of tennis and golfer's elbow. In this practical and hands on course you will learn the key anatomy, assessment and exercise rehabilitation programs for tennis elbow, golfers elbow, carpal tunnel syndrome and wrist fusion.

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