

Welcome to REHAB FX 2.0

Easy Corrective Exercise for the modern Functional Trainer!
2 days Minimizing Injury and Maximizing Functional Movement.

Functional Movement Training and Fitness has become very popular in the last decade, and prides itself as developing and teaching the safest forms of exercise. Yet anecdotal evidence is building that injury rates are dangerously high – clients are mindlessly doing group fitness, attempting complex Olympic lifts with power bags, heaving Kettlebells carelessly around and showing terrible form on their Suspension Trainers!

So, while Functional Movement Training does need some direction, we at Rehab Trainer have also discovered a hidden high value with its equipment: its effectiveness in *correcting muscle imbalances associated with poor movement patterns*. Identifying and “cleaning” those poor movement patterns improves all the outcomes from the inside out, whether for strength and conditioning, resolving chronic issues or completing the *later stages of injury rehab*.

On Rehab Fx 2.0 you will learn how to modify your Kettlebell regime to prevent shoulder impingement, but also learn how to use them for myofascial release! You'll see how the Sandbag / Power Bag can be so useful for enabling functional movement to develop, and even as a multi-purpose stretching tool...

You will learn how Physiotherapists are starting to use Suspension Training for its incredible value in fixing chronic and niggling injuries – and come away with a whole host of unique drills for correcting weaknesses around the shoulder, low back, hip and knee.

We are now pushing the value of Functional Movement training to its very limits, by empowering you to correct muscle imbalances and thereby contributing effectively to the world of injury prevention from your **gym!**

2 Full Days of Practical Skills Correcting 6 Classic Muscle Imbalances

with 3 pieces of Functional Movement equipment

DAY 1 Schedule

9.00 – 9:30am	Theory of Muscle Imbalance The R+E+H+A+B model for dealing with Muscle Imbalance
9:30 - 11:30am (incl. short break)	<u>Muscle Imbalance #1: Thoracic Spine</u> [Over-Flexed vs Over-Extended] <ul style="list-style-type: none">• <i>Evaluation of Functional Movement</i>• <i>Hands-On Loosening / Mobility</i>• <i>Activation / Retraining Drills</i> <u>Muscle Imbalance #2: Scapula</u> [Pec Minor Dominating Lower Trapezius] <ul style="list-style-type: none">• <i>Evaluation, Hands-On, and Activation</i>
11:30 – 3:00pm (incl. lunch)	
3:00 – 4:45pm (incl short break)	<u>Muscle Imbalance #3: Glenohumeral Joint (Rotator Cuff)</u> [External Rotators Dominating Subscapularis] <ul style="list-style-type: none">• <i>Evaluation, Hands-On, and Activation</i>
4:45 – 5:00pm	Blending UL / Tsp Corrections into Functional Movement Training

DAY 2 Schedule

9.00 – 11:30am (incl. short break)	<u>Muscle Imbalance #4: Lumbar Spine</u> [Posterior Chain Dominating Multifidus] <ul style="list-style-type: none"> • <i>Evaluation of Functional Movement</i> • <i>Hands-On Loosening / Mobility</i> • <i>Activation / Retraining Drills</i>
11:30 – 2:30pm (incl. lunch)	<u>Muscle Imbalance #5: Hip</u> [TFL (Hip Flexor) Dominating Gluteus Medius] <ul style="list-style-type: none"> • <i>Evaluation, Hands-On, and Activation</i>
2:30 – 4:00pm (incl short break)	<u>Muscle Imbalance #6: Knee</u> [Vastus Lateralis Dominating Vastus Medialis] <ul style="list-style-type: none"> • <i>Evaluation, Hands-On, and Activation</i>
4:00 – 4:15pm	Blending LL / Lsp Corrections into Functional Movement Training
4:15 - 5:00pm	Assessment / Feedback End