
FIRST LINE

EDUCATION INC.

Clinical Exercise Academy Outline

WHAT: LIVE (and recorded!) three hour workshops instructed by experienced practitioners

WHEN: Saturdays from 9 am to noon EST, starting **June 22, 2024**

WHERE: Humber College's north campus in the clinical assessment and exercise labs

REGISTER NOW: \$179 per workshop or all 12 for \$897 (over \$150 savings!)

* Want a deeper dive into any of the workshops? Register for our two day courses also offered LIVE (and recorded!) at Humber in the clinical and exercise labs. Course dates and links for more information and registration can be found below.

☐ **June 22: Take a Thorough Client History**

We'll walk you through our assessment protocol and template and show you how to ask medical and social history questions to guide your physical assessment. Learn how to decide what information is relevant to your first sessions with your new client. The details matter and thoroughness is important! Record keeping and record keeping software options will also be briefly discussed. Get sample templates for consent, and policies and procedures forms too!

☐ **July 20: Complete a Great Postural Screen**

Two day course: [Anatomy & Physiology for Movement Therapists](#) \$497 available on demand
This is one of our most popular modules. A postural screen gives solid clues to muscle imbalances, mobility concerns, balance issues and more. See how our fascinating bodies are able to compensate for fascial restrictions, muscle weaknesses and functional shortening. Follow the postural cues to detect mobility issues perhaps causing pain and dysfunction for your clients.

☐ **August 24: Gait Basics**

This is an in depth look at toe, foot and ankle structure and function and how this impacts gait. We'll evaluate footwear, play with foot and ankle mobility exercises, and learn why every exercise program needs to start with the feet! Our student reviews tell us that this is one of our most popular sessions.

☐ **September 21: Balance Screens and Simple (yet hard!) Exercises**

☐ **Two day course:** [Posture, Balance & Gait Basics](#) \$397 October 5 & 6, 2024

Start at the beginning with simple positions, postures and patterns to evaluate your client's ability to move safely through their day. Every physical evaluation needs a balance component. These screens are not just for elderly clients! There are many test protocols you could use - let us show you the most valuable ones to challenge your clients. Learn how you can show your clients that working with you would be a very wise investment :)

- ☐ **October 19: How to Do a Fantastic Functional Evaluation**
- ☐ **Two day course:** [Functional Testing for the Upper & Lower Body](#) \$397 November 2 & 3, 2024
Testing a client's movement patterns are an important part of their fascial and muscle health. You'll likely surprise your client when they see what they can and cannot do! You'll smile when you hear, "But it looks SO easy!"
- ☐ **November 19: Learn How (& What) Mobility Exercises Are Key for Fascial Health**
- ☐ **One day course:** [Fascinating Facts About Fascia](#) \$247 December 4, 2024
Just adding resistance training and cardio together doesn't make for a well rounded exercise program. Our tissues need to be hydrated, nourished, lengthened (and shortened!) through a full range of motion. Plus it feels SO good!
- ☐ **January 18: Assess Your Clients' Lower Body**
- ☐ **Two day course:** [Clinical Assessment for the Lower Body](#) \$397 February 8 & 9, 2025
There are many components you could include in your assessment. But what are the essential manual muscle tests that will help guide your treatment plan? Without diving into the weeds, get the most important tests right here.
- ☐ **February 22: Assess Your Clients' Upper Body**
- ☐ **Full two day online course:** [Clinical Assessment for the Upper Body](#) \$397 March 8 & 9, 2025
Upper body evaluations can be tricky; so many small muscles to screen! There are some common muscles that can be weak/short or weak/long for every body. Show these to your clients and build their adherence to treatment.
- ☐ **March 22: Neurological Screens and Breathing Evaluations**
Exercise professionals can do simple neurological screens for the purposes of referral. We'll show you how quick and simple this can be. Did you know that breathing evaluations are a great screening tool for muscle recruitment patterns? Let us show you how to be thorough - and surprise your clients with the findings.
- ☐ **April 26: Simple Steps to Put Together a Client's First Exercise Program**
- ☐ **Full two day course:** [Introduction to Therapeutic Exercise](#) \$397 May 3 & 4, 2025
You've done a really great assessment and found a LOT of concerns - both from you and your client! How do you organize it all and then figure out what initial movements will be key to your clients' recovery? Join us to find out.
- ☐ **May 31: Advanced (but fun and safe!) Exercise Progressions**
- ☐ **Full two day course:** [Advanced Exercise Progressions](#) \$397 June 7 & 8, 2025
You've figured out all the early mobility work, the simple movement patterns - but now what? Here are some 'feel good' exercise progressions that have been tested on our clients for years. Enjoy!