

RAD MOBILITY EDUCATION

| COURSE | WHO'S IT FOR? | LENGTH | ONLINE AVAILABLE? | CECS (hours) |
|--|--|---------|-------------------|---|
| RAD MOBILITY 1 (RM-1) Foundations of Self Myofascial Release & Recovery Brain-based (nervous system focused) mobility, recovery, and injury reduction curriculum  | Strength & Conditioning + Sports Coaches Fitness Trainers Massage Therapists Yoga Instructors Firefighters & Police Pilates Instructors Physical Therapists Doctors | 8-9 hrs | Yes | NCBTMB - 8 ACSM - 9 NSCA - 9 NASM - 8 AFAA - 8 ACE - 8 |

RM-1 COURSE DESCRIPTION

Supplement the care you provide your clients & patients with the most ergonomic tools and cutting-edge education.

Integrate the latest research surrounding recovery, the nervous system, muscles, fascia, movement, and mobility and stability exercises and create the most effective intervention plans for yourself and those in your care.

Also practice utilizing the most anatomically- designed massage and recovery tools to propel mobility and recovery. Do you know how applying these topics can enhance a person's strength, power output, injury reduction and much more? Find out now!

Click [here](#) for more information.

WHAT'S IN IT FOR YOU?

- A hands-on and highly collaborative experience where our Mobility Master Coaches utilize best education and learning practices based on adult learning theory.
- Lifetime access to online materials, such as education videos, practice quizzes, course manual, class planning documents, product how-to guides, and more.

- Differentiate yourself by offering new, fresh classes/training sessions in your community by integrating evidence-based practices and current research surrounding fascial lines, self myofascial release, enhanced joint and tissue mobility, and improved recovery.
- Practice combining self myofascial release and mobility techniques into your own practice before offering your new classes/sessions in your community.
- Become a [RAD Affiliate](#), offer products to your clients via a simple URL link you can post anywhere and/or carry them in your studio, and earn another professional revenue stream.
- Earn Continuing Education Credits: ACSM, NSCA, NASM, AFAA, ACE, NCBTMB, and more.

RM-1 LEARNING OUTCOMES

- Describe how self-myofascial release really works and immediately begin utilizing release and mobility methods that incorporate multiple components of the nervous system
- Integrate proven SMR techniques before, during, and after a training session that will help unleash optimal mobility and performance, and reduce injuries
- Articulate the importance of how much force is required to elicit a change in the nervous system and tissues, and in what direction that force needs to be applied
- List and describe in detail each of the three RAD Roller Self Myofascial Release Techniques
- Determine the role SMR can play in moving on from the pain experience
- Select the appropriate RAD tool to perform an intervention
- Differentiate current theories and effects of SMR and why it works
- Differentiate a variety of joint and tissue mobility impairments
- Describe best practices for using each of the RAD SMR tools
- Identify which tools and SMR techniques would be best suited for a specific individual
- Determine when to leave a stiff / restricted part of the body that may be needed for performance or short-term adaptation.
- Describe neural plasticity and the associated positive impacts on joint mobility and injury reduction
- Summarize the benefits of SMR to your athletes / clients
- Explain why mobility is so important and learn why we lose mobility throughout our lifetime
- Compare mobility to flexibility
- Differentiate between causes of movement restriction and immobility
- Scan the entire body and learn effective release techniques from the head to the toes using various techniques and the entire RAD arsenal
- Determine which tool is best suited to different restrictions and contexts
- Utilize and take home the most anatomically-designed SMR tools that not only fit into every nook and cranny of the body, they also empower trainers and clients to enhance their program design and fitness and wellness results.
- Apply regional anatomy and physiology principles to improve SMR and mobility results
- Practice the myofascial release skills and mobility techniques so trainers / movement professionals can immediately create their own group class and self-care plan.

In-Person: \$299

| COURSE | WHO'S IT FOR? | LENGTH | ONLINE | PRE-REQ'S | CECS (hours) |
|--|---|----------------------|--------|-----------|--|
| RAD Mobility 2 (RM-2) Advanced Techniques: Assessments & Interventions for Efficient Movement  | Strength & Conditioning + Sports Coaches Physical Therapists Fitness Trainers Massage Therapists Yoga Instructors Pilates Instructors Firefighters & Police Doctors | 11 hrs / 1.5 days | No | RM-1 | NSCA - 11 NCBTMB - 11 ACSM - 11 NASM - 11 AFAA - 11 ACE - 1.0 BCRPA - 11 BCAK - 11 CATA - 11 |

RM-2 COURSE DESCRIPTION

Using the foundational knowledge and skills from RAD Mobility 1 this course provides a more in-depth look at anatomy, self myofascial release techniques, and stability and mobility movement patterns that you can immediately apply to multiple real-life situations in your field of expertise.

The focal point of the course provides practice utilizing our 9 point, multiplanar mobility assessment protocol. Learn how to prioritize your efforts by integrating multiple assessments to obtain the facts before creating an intervention program, which is all contained in our RAD Mobility Continuum.

Stop chasing pain and mobility restrictions; instead start applying proven techniques that easily accompany your professional efforts that can have permanent effects on your clients/patients well being.

RM-2 LEARNING OUTCOMES

- Perform a 9-point, multiplanar mobility assessment screening in order to collect data and develop an appropriate intervention plan
- Apply self myofascial release and evidence-based principles to designing individualized intervention plans based on client/patient goals

- Understand the different classifications of impairments that will restrict an individual's mobility
- Determine which factor is the highest priority
- Articulate the different postural compensations that can be detected visually
- List the most common strain patterns and myofascial imbalances
- Establish an order of operation for intervention program design based on assessment data
- Describe how to identify common mobility restrictions from different case studies
- Identify the main roles and functions of the different regions of the human body
- Design an individualized plan based on movement data, client/patient goals, and neuroplastic methodologies.

In-Person: \$449

Combo Course of RAD Mobility 1 and 2: \$649 (save \$100 and offer of All In Kit at only \$85 - savings of \$55). Total savings: \$155 and early bird discount