

# Effective Exercise Prescription for Kinesiologists

(Two one-day courses: **7.5 course credits** for each course)

## **Advanced Neck and Upper Extremity Course** **&** **Advanced Lumbo-pelvic and Lower Extremity Course**

Instructor:     **Tim Hunt**, Registered Physical Therapist

The primary goal of this practical hands-on course is to improve kinesiologists' understanding and clinical skills in order to effectively achieve clients' rehabilitation goals. An alternative exercise model of optimum muscular control and improved biomechanics will be clearly presented.

Course participants will be more confident in recognizing common pitfalls of exercises, including body compensation strategies during various exercises used to rehabilitate familiar conditions ranging from...

**Cervical whiplash-associated disorders and rotator cuff injuries to "tennis elbow"** in the Neck and Upper Extremity Course, and

**Low back and sacroiliac joint pain related to hypermobility syndromes, plus patellofemoral pain to persistent Achilles tendinopathy** in the Lumbo-pelvic and Lower Extremity Course



### Testimonials:

"Since this course, the results with my clients have skyrocketed... why didn't we learn this stuff in school?"

"I particularly enjoyed the functional uses (therefore applicable) of exercises."

"Best course I have attended yet. Critical thinking involved, an active approach to learning."

### TORONTO LOCATION

**June 9 & 10, 2018**

**Pro Motion Physiotherapy**  
Suite 301F, The Promenade  
One Promenade Circle Level 3  
Thornhill, On L4J 4P8

**\*\*EARLY REGISTRATION IS HIGHLY RECOMMENDED, as the courses do get FULL\*\***

**\*\*ENROLLMENT IS LIMITED ...Ensure your space by registering before June 1, 2018\*\***

For space availability and registration form please e-mail Tim at [westvantim@gmail.com](mailto:westvantim@gmail.com)

**INSTRUCTOR BIO:**

**Tim Hunt** is a registered Physical Therapist with over 30 years of experience working in private practice or active exercise rehabilitation, working with mainly workplace- or MVA-injured clients. His exercise approach follows a biomechanical model, assessing and analyzing movement dysfunctions and using specific exercises to restore normal mechanics. He believes correct exercise technique is vital, and is keen on identifying and correcting compensatory movement patterns.

**REGISTRATION FORM:**

**Effective Exercise Prescription for Kinesiologists**

NAME \_\_\_\_\_

(Last)

(First)

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

POSTAL CODE \_\_\_\_\_ E-MAIL \_\_\_\_\_

PHONE Daytime: \_\_\_\_\_ Evening: \_\_\_\_\_

Are you currently enrolled as a student? Yes \_\_\_ No \_\_\_ If Yes, where? \_\_\_\_\_

Are you currently working in rehabilitation? Yes \_\_\_ No \_\_\_

I am enrolling as a student: YES \_\_\_ NO \_\_\_

Check which components you wish to enrol for:

Saturday, June 9, 2018      **Neck and Upper Limbs**      9:00 am – 5:00 pm

Sunday, June 10, 2018      **Back and Lower Limbs**      9:00 am – 5:00 pm

Tuition:      \$225 per day  
                 \$400 for both days

Student fee:      \$180 per day  
                         \$320 for both days

**TO REGISTER:**

- 1. E-mail (to westvantim@gmail.com), Fax, or Mail this completed form to Tim Hunt.**
- 2. Contact Tim to pay via e-transfer or PayPal, or mail a cheque to:**

**Tim Hunt**  
**#2703 – 8 Smithe Mews, Vancouver, BC V6B 0A5**  
**Tel: 604-787-7422**

\_\_\_\_\_  
Signature

(If you wish to post-date your cheque, please ensure that the cheque is dated no later than **June 1, 2018** to ensure payment is received prior to the course.)

(If you have to cancel, a cancellation fee of \$25.00 will be deducted from the refund.)

(NO REFUNDS FOR CANCELLATIONS AFTER Thursday, June 8, 2018)