

# REHAB EXPRESS

BY REHAB TRAINER

## COURSE PROSPECTUS

## COURSE DESCRIPTION

### ***KICKSTART YOUR INJURY MANAGEMENT SKILLS!***

The Key is the incredible “R+E+H+A+B” skill-set-it keeps you safe from making mistakes with injured areas, and yet gives you powerful tools to make a difference!

In this course you will learn how to fix your clients’ low risk niggling movement problems from the comfort of your own home studio or clinic anytime. This course is for you if you or your clients are suffering from:

- Niggling / chronic aches and pains during or after exercise
- Poor or imbalanced muscular development
- Decreasing range of movement in joint or myofascial areas due to training
- Inability to change technique even with good coaching
- Impaired sports performance despite great training methodologies
- Time or geography constraints!

## GOALS OF THE COURSE

- ✓ Discover HOW injuries are created to prevent many happening – understand the negative powers of Training Error “Holding Patterns” Asymmetry from old Injury and how they create Muscle Imbalance.
- ✓ Learn three quick Screening tests that may indicate an injury is “High Risk” and needs referral to a Specialist as a high priority.
- ✓ Understand the 5 Main Muscle Imbalances that afflict the shoulder knee/hip and low back setting clients up for injury or turning them into chronic issues.
- ✓ Receive and be taught practical techniques with the Posture Pro and Rehab Dowel for the ‘release’ of dominant areas of fascial tightness muscular trigger points and mobility barriers.
- ✓ Use the simple “TheraBand and “Rehab Dowel” to retrain faulty movements and teach activation drills for inhibited muscles of each of the 5 main muscle imbalances.
- ✓ Learn effective Cues for each of the 5 Inhibited Muscles / Movement Patterns Blend new movements into functional patterns lifestyle and set homework for your clients to keep them improving in their own time.

# WHO IS THIS FOR?

Professionals in:

- Fitness industry
- Movement instructors
- Strength & conditioning professionals
- Healthcare professionals

# ENROLMENT CRITERIA

- Students are required to hold a valid Certified Personal Training Qualification
- Students who do not CPT certified but have relevant experience in work in related fields will be considered on a case by case basis



## COURSE INFO

### LANGUAGE:

- Material & lecture can be in English / Cantonese or Mandarin

### DURATION

- 1 day

### CAPACITY

- 20 Students  
(One Instructor)

## CECS GAINED

- 0.7 CEC with ACE
- 0.7 CEU with NASM
- 16 CPD with REPS UK
- 6 CECs certificate of accreditation with fitness Australia

## TO REGISTER

- Enrollment is complete upon received payment
- For group registration, please contact us for preferential information

## TOOLS USED

The course comes with a personalised Posture Pro, Rehab Wand, and an Activation tubing free for each student

REHAB EXPRESS  
COURSE PROSPECTUS

## INSTRUCTORS



### STEVEN CHEW

- Rehab Essentials Master instructor
- Founder, Fitness Academy Asia



### CHRIS MALLAC

- Physiotherapist
- Rehab trainer educator
- Middle East, UK, Asia



### Ulrik Larsen

- Rehab Trainer Founder and Educator
- APA Sports Physiotherapist
- Australia - Brisbane, Sydney, Gold Coast

## COURSE MATERIALS

- Full and extensive quality course manual in hard-wearing binder for future reference
- Specific loosening technology and tools
- Laminated risk assessment cards
- Pad of rehab records





## COURSE CONTENT

### **R** RISK ASSESSMENT OF THE INJURY

Injuries can be classified into “high risk” or “low risk” by the PT so they can decide accurately and confidently which injuries can be trained through (termed Low Risk or “Functional Injuries”) and which ones need to be trained around (termed High Risk or “Pathological”). The PT will simply learn one High Risk. Test for the upper limb, the lower limb and the spine that will guide them to make the right decision. Note that this is nothing like the complex process of “Diagnostics” that a Physiotherapist will go through to determine what structure is injured.

### **E** EVALUATION OF MOVEMENT DYSFUNCTION

This observational skills is based on a deeper understanding of Poor Positioning, Poor Technique, and Poor Biomechanics - few PT courses go to the next level of analysing and retraining the habituated poor movement of individual joints in a kinetic chain, for example. How do I know if someone’s scapula demonstrates muscle imbalance in the seated row or bench press? What does it look like when someone’s low back is at risk of a disc bulge when they are doing squat?

### **H** HANDS-ON LOOSENING PROCEDURES

PT’s are taught effective and safe Trigger Point, PNF and Passive stretching techniques for each body area, and old stretches are revised and corrected if necessary. Many new techniques and positions are introduced that the PT can do for a client.

### **A** ACTIVATION DRILLS AND TECHNIQUES

Retraining and rehabilitation drills that enhance muscle control and stability of joints in a gym environment are applied to each body area- practical exercises that are extremely PT friendly and allows clients to fast track towards their goal-exercises. In addition, simple activation drills are incorporated into warm-up and warm-down using swiss balls and other existing equipment in the gym, without asking the PT to engage in lower-level Physio exercises that just don’t work in a gym environment.

### **B** BLEND INTO TRAINING

Rehab skills are blended into fitness programs and functional movements, creating “stepping stone” exercises that the client can do without pain and with the opportunity to retrain their patho-mechanics. Gradually they are progressed towards their “goal exercises as their injury resolves.



## REHAB EXPRESS

## COURSE STRUCTURE

### 1 DAY 9-5PM



### MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)
- Tools provided with every sign up



### ASSESSMENT

In class quiz at the end of the workshop



### CERTIFICATIONS

Certification of with CEC points will be given after the course

- Theory of Injury, Holding Patterns, Muscle Imbalance and Asymmetry
- Risk Assessment
- Main Muscle Imbalances with Evaluation, Loosening Procedures and Activation Drills:

#### SHOULDER / NECK / ARM

1. Pec Minor Dominating Lower Traps and Serratus Anterior
2. External Rotator Cuff Dominating Subscapularis and Supraspinatus

#### KNEE / HIP / LOW BACK

1. Vastus Lateralis Dominating Vastus Medialis
2. Tensor Fascia Lata Dominating Gluteus Medius
3. Hamstrings / Adductor Magnus Dominating Lumbar Multifidus

#### Blending Rehab into:

- Functional Movement Programs
- client sessions
- Client Homework

## CONTACT INFO

- Email: [specialize@fitnessacademyasia.com](mailto:specialize@fitnessacademyasia.com)
- Whatsapp: (+852) 5540-1516
- Website: [www.fitnessacademyasia.com](http://www.fitnessacademyasia.com)

Disclaimer: No refund unless class is canceled by the FAA. All bookings are final and refunds are not permitted. In the event you need to cancel or reschedule, please contact us on +852 5540-1516



# REHAB EXPRESS

## 復康教練入門課程

BY REHAB TRAINER

## 課程簡介

### 課程描述

#### 啟動您的復康管理技巧！

本課程關鍵在於特別的「R+E+H+A+B」復康技術方案，按著方案執行不僅確保你能夠安全為客人處理受傷區域，還帶來身體整體性顯著的影響！在這門課程中，您將學習如何在自己的工作室或診所中解決客戶的低風險纏繞運動問題。如果您或您的客戶遇到以下困擾，這門課程將非常適合您：

- 運動期間或運動後經常出現的輕微疼痛
- 肌肉發展不良或不平衡
- 因訓練而導致關節或肌筋膜區域活動範圍減少
- 即使有良好的指導，技術仍無法改善
- 優秀的訓練方法卻影響運動表現
- 時間或地理上的限制！

### 課程目標

- ✓ 深入了解受傷的形成過程，以及受傷本質也可預防更多傷害的發生 - 理解訓練錯誤、舊傷害所造成的「固定模式」和不對稱性，以及它們如何導致肌肉不平衡。
- ✓ 學習三個快速的篩查測試，這些測試可能表明某種傷害屬於「高風險」，需要優先轉介紹專科醫生進行緊急處理。
- ✓ 深入了解影響肩膀、膝蓋/髖部和腰背的五種主要肌肉不平衡，這些不平衡會為客戶帶來傷害或導致慢性問題的形成。
- ✓ 學習使用「Posture Pro」及「Rehab Dowel」工具，針對筋膜緊繃、肌肉觸發點和活動限制的主要區域進行「釋放」。
- ✓ 使用簡單的「TheraBand」和「康復棒」教授如何重新訓練錯誤的動作，以及啟動肌肉練習，針對五種主要肌肉不平衡中被抑制的肌肉進行修復。
- ✓ 學習針對五種受抑制的肌肉/運動模式使用有效的指示方法。將新的動作融入功能性模式和生活方式中，並為客戶設定家中練習，以便他們持續練習。

# REHAB EXPRESS

## 復康教練入門課程

### 課程簡介

## 適合報讀人士

- 健身或相關運動行業教練
- 動作指導專家
- 肌力與體能專家
- 醫護人士

## 報名條件

- 持有有效私人教練, 或相關認證牌照
- 或在相關運動行業從事教練工作一年經驗或以上, 將根據個案進行考慮。



## 課程信息

### 教學語言

- 可選擇英文 /
- 廣東話 / 普通話

### 學習時數

- 7 小時實習工作坊
- 上課時間分配會因應課室安排決定

### 人數限制

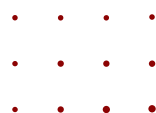
- 20 名學生

## CECS 持續進修學分

- 0.7 CEC with ACE
- 0.7 CEU with NASM
- 16 CPD with REPS UK
- 6 CECs certificate of accreditation with fitness Australia

## 報讀程序

- 收到付款後報名手續完成
- 如需團體註冊, 請聯繫我們以獲取優惠價格





## 導師



### STEVEN CHEW

- Rehab Essentials 高級導師
- 創辦人, Fitness Academy Asia



### CHRIS MALLAC

- Physiotherapist 物理治療師
- Rehab trainer educator
- Middle East, UK, Asia



### Ulrik Larsen

- Rehab Trainer 創辦人/高級導師
- APA Sports Physiotherapist 運動物理治療師
- Australia - Brisbane, Sydney, Gold Coast

## 課程材料

- 課程手冊
- 復康工具: 包括Posture-pros (按摩滾筒)、REHAB dowel (康復棒)、activation tubing (阻力帶)、risk assessment cards (風險評估卡) 和rehab records (康復記錄)。



## COURSE CONTENT

### R 傷害風險評估

私人教練可以將傷害分為「高風險」或「低風險」，這樣他們可以準確自信地決定哪些傷害可以進行訓練（稱為低風險或「功能性傷害」），哪些傷害需要避免訓練（稱為高風險或「病理性傷害」）。私人教練只需學習一種高風險測試，用於上肢、下肢和脊椎，以幫助他們做出正確的判斷。需要注意的是，這與物理治療師進行的「診斷」過程完全不同，後者用於確定損傷的結構。

### E 運動功能障礙的評估

觀察技巧基於對不良姿勢、不良技巧和不良生物力學的深入理解，但很少有私人教練課程會深入分析和重新訓練動力鏈中單個關節的不良運動習慣。例如：要知道某人在坐姿划船或卧推時肩胛骨是否表現肌肉不平衡，或者在深蹲時腰部是否有椎間盤突出的風險，您可以觀察哪些情況情況？

### H 徒手放鬆程序

私人教練接受培訓，學習每個身體區域的有效和安全的觸發點按摩、PNF和被動伸展技巧，並根據需要修正和改進舊有的伸展方法。他們還會介紹許多新的技巧和姿勢，供私人教練用於指導客戶。

### A 啟動訓練和技巧

重新訓練和康復訓練方法可以在健身房環境中應用於各個身體部位，這些實用的運動非常適合私人教練使用，並且能夠讓客戶快速達到他們的目標。此外，還可以將簡單的肌肉啟動訓練方法融入到熱身和放鬆運動中，使用瑞士球和健身房中的其他現有設備，而無需讓個人教練參與低階物理治療運動，這些運動在健身房環境中並不適用。

### B 復康方法融入到訓練中

康復技巧融入到健身計劃和功能性運動中，創造了逐步進展的練習方式。這種方式讓客戶能夠在無疼痛的情況下進行訓練，同時有機會重新訓練其不良運動模式。隨著傷勢改善，我們逐漸引導客戶朝著達成目標的練習前進。這種進步式的訓練方法能夠確保客戶在康復的過程中逐漸增加挑戰性，並逐步恢復其身體功能。

## REHAB EXPRESS 復康教練入門課程

### 課程結構

**1 DAY 9-5PM**



#### 所需材料

- 筆記本和寫作工具
- 運動服裝 (如: 短褲、T恤、女性運動內衣等)
- FAA提供實習訓練工具



#### 評估

課堂結束前進行課堂測驗



#### 證書

- 完成課程後現場派發證書及學分

➤ 傷患理論、固定模式、肌肉不平衡和不對稱

➤ 風險評估

➤ 主要的肌肉不平衡包括評估、鬆動程序和啟動肌肉練習:

##### 肩膀/頸部/手臂

1. 胸小肌主導下斜角肌和前鋸肌
2. 外轉肌群主導肩胛下肌和岡上肌

##### 膝蓋/髖部/腰背

1. 外側股四頭肌主導內側股四頭肌
2. 脛骨筋膜張肌主導臀中肌
3. 腿後肌群/大腿內收肌主導腰椎多裂肌

##### 將康復方法融入:

- 功能性運動計劃
- 客戶訓練課程
- 客戶家庭練習計劃

### 聯絡方法

- 電郵: [specialize@fitnessacademyasia.com](mailto:specialize@fitnessacademyasia.com)
- Whatsapp: (+852) 5540-1516
- 網站: [www.fitnessacademyasia.com](http://www.fitnessacademyasia.com)
- Instagram: [fitness.academy.asia](https://www.instagram.com/fitness.academy.asia)

免責聲明: 除非 FAA 取消課程, 否則不予退款。所有預訂均為最終, 不得退款。  
如果你需要取消或重新安排, 請在以下聯繫我們 +852 5540-1516

