

Assessment of Function and Prescription of Functional Exercise

This seminar covers the following:

1. How to assess posture, flexibility, stability and functional movement patterns. (This will be performed on a member of the audience).
2. Why proper assessment is important before prescribing exercise
3. What is functional exercise and why it is important to apply
4. A demonstration of some functional exercises

This seminar will illustrate the need for a proper assessment to determine current function and muscle balance before prescribing exercise. Appropriate application of functional exercise will improve people's movement and therefore their health and wellbeing.

The seminar is 1-1.5 hours in length. A handout with ready to apply information is included.

Call Robert Collier to book your seminar now.

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