



DIAGNOSTIC WORKSHOP SERIES: SHOULDER CONDITIONS



What will I learn?

Shoulder injuries are common especially amongst sportsmen and women. Rather than shy away from clients with shoulder issues, This workshop will develop your confidence and knowledge in dealing with shoulder injuries. You will learn exercise prescription for shoulder stability and to decrease the risk of further injury within a Pilates setting. This workshop is aimed at experienced teachers who hold level 3 Matwork Pilates or equivalent.

Course Content:

The workshop is theory and practical and will explore and discuss the following conditions:

- ~ Advanced anatomy of the shoulder
- ~ Posture Assessment of the shoulder
- ~ Shoulder conditions including:
 - Rotator cuff injury
 - impingement syndrome
 - Bursitis
 - Frozen shoulder
 - Shoulder dislocation
 - Shoulder surgery
- ~ Muscle Imbalance
- ~ Corrective exercise prescription

Prerequisites:

Students must meet the prerequisites prior to applying:

- ~ Hold CYQ level 3 or equivalent qualification
- ~ Currently teaching Pilates classes on a regular basis

Please contact us If you would like more details about the workshop or would like to book your place:

Will I receive a certificate?

You will receive a Professional Fitness & Education 'Certificate Of Attendance' on the day

Tel: 01943 879816
info@pfetraining.co.uk
WWW.PFETRAINING.CO.UK