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- Live Online Seminars* - live CE credit
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* all online courses can be viewed at www.ceinternational.com.

Select Home Study:

Core Training for Seniors — This course comes with a complete pilates/yoga chair workout and a complete premat workout designed for Seniors.

PRICE: \$75 CREDIT: 6 hrs FORMAT: ___ pdf ___ hard copy

Spinal, Pelvic & Scapular Stabilization — This course is focused on exercise to improve pelvic, lumbar and scapular stabilization. Topics to be covered include balance training, common SI disorders, degenerative disc disease, kyphosis, muscle imbalances, osteoporosis, pelvic floor training, and the multifidus and back pain.

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Osteoporosis: Stronger Bones & Better Posture — Over 50 exercises for those with osteoporosis along with a complete review of medications and diet to help maintain and prevent further bone loss.

PRICE: \$60 CREDIT: 4 hrs FORMAT: ___ pdf ___ hard copy

The Ultimate MiniBall Workout — This course shows how to incorporate the miniball and other balls in over 90 exercises for improving core strength, posture and balance. Home study course includes a 9-in miniball.

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Ultimate Balance — Learn new exercises to use in patient care to improve balance and gait using a minitramp, BOSU and stability ball. Over 70 exercise taught in this detailed manual. PRICE: \$75 CREDIT: 6 hrs FORMAT: ___ pdf ___ hard copy

Yoga for Seniors — Over 40 yoga exercises are reviewed for therapeutic value in patient care. Detailed instructions for how to use different asanas (poses) in therapy are reviewed with special patient considerations.

PRICE: \$75 CREDIT: 6 hrs FORMAT: ___ pdf ___ hard copy

View all courses online
www.ceinternational.com

Registration cancellation requests are accepted up to seven days prior to the seminar date, and a \$20 nonrefundable cancellation fee will be charged per person. If a seminar cannot be held due to reasons beyond CE International's control (weather, etc.), refunds will not be granted; however, the seminar will be rescheduled. Parking is not included in registration fee.

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INTERNATIONAL

CORE THERAPY: BALLS, BANDS & BALANCE A Hands-On Workshop

6 Contact Hours — All Professionals

Workshops, Online Seminars & Home Study Courses

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WHO SHOULD ATTEND:

- Physical Therapy Professionals
- Occupational Therapy Professionals
- Fitness Specialists

CORE THERAPY THREE-DIMENSIONAL, FUNCTIONAL MOVEMENT

BALLS, BANDS & BALANCE

A HANDS-ON WORKSHOP

Register Online: www.ceinternational.com

Continuing Education Workshop Locations and Dates:

LEXINGTON, KY: Wed., Jan. 25, 2017 • Hyatt Place • 2001 Bryant Rd

LOUISVILLE, KY: Thurs., Jan. 26, 2017 • Embassy Suites • 9940 Corporate Campus Dr

CARMEL-INDIANAPOLIS, IN: Fri., Jan. 27, 2017 • Hampton Inn • 12197 N. Meridian St

YOU WILL LEARN:

Core Training Principles • Integration of Breath with Movement • The Foundation of Foot/Ankle Complex • Training to Maximize Hip Mobility and Stability • The Power of the Pelvis • Upper Quadrant Alignment and Integration • Gait, Balance, and Whole Body Integration

COURSE OBJECTIVES:

- Learn core stabilizing exercises that maintain functional movement and strength.
- Learn how to apply the Pilates & Core Strengthening Principles to therapeutic exercise for the lower quadrant.
- Learn functional therapeutic exercises to improve the mobility and the strength of the lower extremities.
- Demonstrate the importance of integrating core training into lower and upper quadrant rehabilitation.
- Learn therapeutic exercises to improve gait, balance, and whole body movement using a stability ball, foam roller, and resistant bands.

Course Description

This is a hands-on workshop focused on therapeutic exercises for the lower and upper quadrant incorporating multiplanar movement. The exercises will be based on principles of The Pilates Method, Yoga, Tai Chi and other exercise disciplines that have shown evidence-based medicine results. Participants will learn core strengthening based exercises to use for lower extremity diagnosis and rehabilitation. Over 50 exercises with modifications, variations, and progressions will be introduced using these props.

Commonly used props in core strengthening programs include foam rollers, stability balls and Therabands. This course introduces the learner to all three pieces of equipment. Exercises taught can be used with patients that have a wide range of functional ability to improve strength and balance.

Participants will have the opportunity to practice all exercises along with modifications that are taught.

Participants are encouraged to bring a stability ball (55 cm, 65cm or 75 cm), foam roller (36" x 6" preferred), theraband, exercise mat or towel and dress comfortably. Participants do not have to exercise to receive credit for the course.

Credit Designation

Physical Therapy Professionals (PT, PTA) - 6 Contact Hours

Indiana: This course is approved by other state physical therapy boards and associations and will be accepted for credit in Indiana.

Kentucky: This course is approved by other state physical therapy boards and associations and will be accepted for credit in Kentucky.

Occupational Therapy Professionals (OT, OTA) - 6 Contact Hours

This course is sponsored by MED2000, Inc. who is an approved provider by the American Occupational Therapy Association. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Category 1.



Faculty

Jona Bollinger, MPT, PMA, graduated from Northwestern University with a Masters Degree in Physical Therapy. Jona started her career in sports medicine and orthopedic physical therapy, where she began to integrate manual therapy skills with biomechanical analysis of running and cycling. As a life-long athlete, she personally experiences a whole body connection. In this vein, Jona has trained in Pilates for 10 years, receiving a teaching certificate from Polestar Pilates and from Balanced Body. Additionally, she is trained and certified in the Franklin Method. Jona currently lives in western Colorado, where she integrates Pilates and physical therapy to assist her clients to better move through their days. Jona is certified thru the Pilates Method Alliance.

Course Agenda

8:00 A.M.–8:25 A.M.

Registration

8:30 A.M.–3:30 P.M.

Workshop. Lunch 12-1 PM (on own). Certificates distributed upon course completion (full attendance and completion of course evaluation required).

The Pilates Principles For Core Strength And Functional Movement

- Applying the concept of centering to every joint.
- Understanding balanced muscle development.
- The importance of training the diaphragm.
- Creating efficient movement patterns for functional daily activities.
- Integration of core strengthening into every movement and exercise.

The Foundation Of Foot/Ankle Complex

- Specific tri-plane exercises for improving standing balance and coordination.
- Using miniballs and resistant bands to increase intrinsic foot strength.
- Pilates & yoga exercises for increasing mobility through foot/ankle joints.
- Using resistant bands and exercise straps to improve proprioception.

Training To Maximize Hip Mobility And Stability

- Increasing hip mobility using resistant bands and exercise straps.
- Strengthening the neutralizers of the hip for greater stability.
- Learn how to dissociate the hip mobility from pelvic mobility.
- Current research regarding hip osteoarthritis.
- Creating hip congruency.

The Power Of The Pelvis

- Pilates exercises for SI joint dysfunction, post-natal issues, pelvic obliquity.
- Identify the pelvic floor muscles and identifying conditions that weaken the pelvic floor.
- Learn to contract and relax the pelvic floor using mini balls, breath and imagery.
- Pelvic integration with functional movement.

Upper Quadrant Alignment And Integration

- Improve alignment of thorax, shoulder complex, neck, and head.
- Therapeutic exercises to increase scapular stability and mobility.
- Identifying and treating kyphosis.
- Integrating upper and lower quadrants using resistant bands.

Gait, Balance, And Whole Body Integration

- Props to aid in balance training (e.g stability ball, foam roller).
- Lower extremity lengthening and strengthening for efficient, functional movement.
- The importance of rotation for normal gait.
- Facilitating whole body integration using a stability ball, resistant band, and foam roller.

Online Education - Live Online, On-Demand & Home Study Courses

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- 250+ online courses per year - includes all live online & on-demand seminars
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Registration Form

1. Register Online: www.ceinternational.com
2. Toll-free: 800-577-5703
3. Fax form or PO to: 214-666-3937
4. Mail form with payment to:
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Questions? Email us: info@ceinternational.com

Select Seminar Date:

- Lexington, KY, Wed., Jan. 25, 2017
 Louisville, KY, Thurs., Jan. 26, 2017
 Carmel-Indianapolis, IN, Fri., Jan. 27, 2017

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Pricing Information Seminar

| | Early* | Regular |
|------------------------------------|----------|----------|
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| 3 or more (must register together) | \$189 ea | \$209 ea |

* Registrations received 10 days prior to seminar date.

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