



## NO TIME? STUDY AT HOME!

### Course Format Options:

- Home Study Courses - available either in PDF format for download or hardcopy (in Texas, add 8.25% sales tax)
  - Live Online Seminars\* - live CE credit
  - On-Demand Seminars\* - home study credit
- \* all online courses can be viewed at [www.ceinternational.com](http://www.ceinternational.com).

### Select Home Study:

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

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

**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.

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

**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](http://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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## THERAPEUTIC EXERCISE FOR THE AGING SPINE & PELVIS A Hands-On Workshop

6 Contact Hours — All Professionals

Workshops, Online Seminars & Home Study Courses

Register Online: [www.ceinternational.com](http://www.ceinternational.com)

Or call toll-free: 1-800-577-5703

### WHO SHOULD ATTEND:

- Physical Therapy Professionals
- Occupational Therapy Professionals
- Fitness Specialists

# Therapeutic Exercise for the Aging Spine & Pelvis

## A Hands-On Workshop

### You Will Learn:

Principles of dynamic stabilization • Pilates as part of a spine strengthening program • Functional exercise movements promoting pelvic stabilization • Core stability program for the management of lumbopelvic instability • Pilates and core training techniques in the treatment of low back pain

### Course Objectives:

- Learn specific core strengthening exercises to strengthen the muscles that stabilize the spine and pelvis.
- Learn functional therapeutic exercises for patients with disc related problems, spondylolisthesis, spondylosis, and facet joint issues.
- Learn therapeutic exercises for SI dysfunction and pelvic obliquity.
- List exercises to strengthen the "core" and reduce low back pain.
- Integrate tai chi, Pilates and yoga into patient therapy in the management of osteoporosis, arthritis and fall prevention.

Register Online: [www.ceinternational.com](http://www.ceinternational.com)

### Continuing Education Workshop Locations and Dates:

**MANCHESTER, NH:** Tue., March 7, 2017 • The Falls Event Center • 21 Front St  
**S BURLINGTON, VT:** Wed., March 8, 2017 • The Windjammer Inn • 1076 Williston Rd  
**SPRINGFIELD, MA:** Thur., March 9, 2017 • Hilton Garden Inn • 800 Hall of Fame Ave  
**CROMWELL, CT:** Fri., March 10, 2017 • Radisson Hotel • 100 Berlin Rd

## Course Description

This hands-on workshop is focused on therapeutic exercises for strengthening the muscles that support the spine and pelvis. Specifically, this course will cover exercise programs in the treatment and prevention of osteoporosis, osteoarthritis, disc related problems, spondylolisthesis, spondylosis, pelvic and SI joint dysfunction, and facet joint issues. Over 50 exercises will be taught along with modifications and props to improve spinal alignment and stability. The therapeutic exercises that will be taught are based on the principles of Pilates, Yoga, and evidence-based medicine for pelvic and spinal stabilization.

All participants will have the opportunity to try all exercises with modifications during the course.

Participants are encouraged to bring a foam roller (36" x 6" preferred), theraband, exercise mat or towel and dress comfortably. Participants do not have to exercise nor bring exercise equipment to receive credit for the course.



## Credit Designation

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

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

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

**New Hampshire:** This course is approved by other state physical therapy boards and associations and will be accepted for credit.

**Texas:** This course is approved by the Texas Physical Therapy Association.

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

### Occupational Therapy Professionals (OT, OTA) - 6 AOTA CEUs (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. MED2000 is an approved provider by the FL Board of OT Practice (#133).

## 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.  
8:30 A.M. – 3:30 P.M.

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

### The Pilates Principles For Postural Correction, Gait And Balance

- Applying the concept of centering to every joint.
- Understanding balanced muscle development.
- Use of the breath for stability, mobility and spinal health.
- Repositioning exercises to create a balanced muscle pattern in the hips and pelvis.

### The Interplay Between Transverse Abdominus And Multifidus

- Specific exercises for co-contraction of TA and MF, statically and dynamically.
- Incorporating various props/aids to facilitate segmental spinal stabilization.
- Understand and produce axial elongation for spinal decompression.
- Develop muscle balance of TA and MF for improved posture.

### Treating Lumbo-Pelvic Instability

- Pilates exercises for SI dysfunction, post-natal issues, pelvic obliquity, incontinence.
- Use props to facilitate contraction of pelvic floor muscles.
- Learn to use the breath to improve pelvic floor strength and increase muscle awareness.
- Create a foundation of pelvic stability for functional mobility.
- Using a foam roller and mini-ball for creating muscle balance for spinal health.

### Osteoporosis: Strengthening And Lengthening The Spine

- Learn exercises for strengthening bone and exercise guidelines for fracture prevention.
- Review current exercise guidelines for osteoporosis and osteopenia.
- Strengthen the muscles of the upper back to improve posture and reduce pain.
- Objectively document a kyphotic posture and improvement.

### Osteoarthritis And Degenerative Arthritis

- Learn dynamic stability exercises to increase pain-free spinal ROM.
- Therapeutic yoga poses and Pilates exercises to lengthen and decompress the spine.
- Tai Chi for arthritis and fall prevention.

### Exercise Therapy For Management Of Low Back Pain

- Specific exercises to strengthen the back extensor and abdominal musculature.
- Stretching techniques for those with inflexibility of the lumbar spine, hamstrings and hip flexor muscles.

## Online Education - Easy & Convenient

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- Courses available in 1, 2, 3 or 6 hr formats with AM & PM classes.
- Automated testing and certificate generation

\* Online courses approved for OT & PT Professionals

View all courses online  
[www.ceinternational.com](http://www.ceinternational.com)

## Registration Form

1. Register Online: [www.ceinternational.com](http://www.ceinternational.com)
2. Toll-free: 800-577-5703
3. Fax form or PO to: 214-666-3937
4. Mail form with payment to:  
CE International, PO Box 600173, Dallas, TX 75360  
CE International Tax ID: 75-2745460

**Questions?** Email us: [info@ceinternational.com](mailto:info@ceinternational.com)

### Select Seminar Date:

- Manchester, NH, Tue., March 7, 2017  
 S Burlington, VT, Wed., March 8, 2017  
 Springfield, MA, Thurs., March 9, 2017  
 Cromwell, CT, Fri., March 10, 2017  
 **Home Study Courses - See Reverse Side**

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Profession (PT, PTA, OT, OTA, RD, etc.)

### Pricing Information Seminar

	Early*	Regular
Single Registration	\$199	\$219
3 or more (must register together)	\$189 ea	\$209 ea

\* Registrations received 10 days prior to seminar date.

### Home Study Orders - Please Select On Reverse Side

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(see pricing on reverse side + \$4.95 s/h hard copy only)

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