CORE STRENGTHENING FROM THE INSIDE/OUT

Presented by:
Deborah Riczo, PT, DPT, MEd.

Open to PT, PTA, OT, OTA & AT.
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LEARNING OBJECTIVES
At the completion of the seminar, participant will:

• Understand the components of evidenced based core strengthening

• Be able to discuss the role of the inner core in core strengthening and know how to activate it properly

• Be able to identify abnormal patterning during core exercises and know what muscles are overcompensating

• Be able to challenge the core through the appropriate progression of exercises

• Know how to address flexibility and strength in the hip in light of the latest research and what exercises are recommended

PROGRAM DESCRIPTION
Consumers and health professionals are inundated with the latest and greatest core strengthening exercises and many injuries are occurring in the name of fitness. The inner core musculature has been well researched (Hodges, et al) and is known to automatically be recruited just prior to active movement in the healthy individual who has not sustained an injury to the trunk. It is of utmost importance for the health care professional to have the skill to teach and explain basic core activation, recognize compensatory movement patterns and progress core exercises in order to safely rehab their client.

PROGRAM/COURSE SCHEDULE
(same block) as this could be an morning or evening

1:00  Registration
1:15  Introduction/literature review
1:45  What is core? Definitions Group activity, discussion
2:00  Inner and outer core, Integrated model of function, muscle slings, Pelvic Rotator Cuff
2:30  Break
2:45  Lab with PowerPoint, Activating the core, Progressions, Concepts, Substitution patterning
3:45  Other considerations/therapeutic exercise, Hip flexibility, Hip strength, Evidenced based exercises, Lab
4:15  Summary/Questions and Answers
4:30  Course Evaluations

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