



DEBORAH RICZO, PT, DPT, MEd
RICZO HEALTH EDUCATION

Deborah Riczo, PT, DPT, MEd has been a practicing physical therapist for over 30 years, most of which has been spent in clinical practice at MetroHealth Medical Center, Cleveland, OH. Her areas of specialty include women's health, pregnancy/postpartum, sacroiliac dysfunction, lymphedema, breast cancer and industrial rehabilitation. Deborah has been a Women's Health Section member of the APTA for over 30 years, an APTA Orthopedic section member, adjunct faculty and guest lecturer at Cleveland State University DPT program. She has presented at APTA national Combined Section Meetings, state conferences and district meetings. She is the founder of Riczo Health Education which provides courses, speakers and consulting for the health care industry. See abbreviated Curriculum vitae at www.RiczoHealthEducation.com for more detail.



RICZO HEALTH EDUCATION
is dedicated to providing innovative health care education and consulting services to health care professionals and private individuals.

CORE STRENGTHENING *from the* INSIDE/OUT

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

Open to PT, PTA, OT, OTA & AT.
PT, PTA CEU approved by OPTA Board.
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- Core Strengthening • Ergonomics
- Sacroiliac Dysfunction • Prenatal & Postpartum
- Breast Cancer • Lymphedema • Taping



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Courses, speakers & consulting for the health care industry

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3 CEU SEMINAR & LAB SESSION
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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 *(sample 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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