

## Focus on Flexibility 1: The Extremities

Saturday and Sunday, May 6 and 7

**\$295 early registration discount  
until April 15 (\$325 after)**

This course covers Functional Anatomy and Exercise Biomechanics, Flexibility Testing, Assisted Stretching, and Post-rehab Exercise Guidelines for Upper and Lower Extremity Injuries and Conditions.

You will learn:

- Functional Anatomy and Exercise Biomechanics of the Upper and Lower Extremities
- Testing of the Upper and Lower Extremities – muscle length, strength, control and goniometry will be covered.
- Assisted Stretching of the Upper and Lower Extremities– passive, active, dynamic and PNF stretching techniques will be covered.
- Post-Rehab Exercise Guidelines for Upper and Lower Extremities Injuries and Conditions

Date: Saturday and Sunday, May 6 and 7, 2017

Time: 9:00am - 6:00pm

CEUs: 16 NY State, 16 NCBTMB, 1.6 ACE, 16 NSCA

\*\* Register now to receive early bird discount →



## Focus on Flexibility 2: The Trunk & Fascia: A Neuro-biomechanical Approach

Saturday and Sunday, September 16 and 17

**\$295 early registration discount  
until August 26 (\$325 after)**

This course covers Functional Anatomy & Exercise Biomechanics of the Trunk and Core, Flexibility and Functional Testing of the Trunk, Assisted Stretching of the Trunk, and Post-rehab Exercise Guidelines for Back Injuries and Conditions.

The Self-Myofascial Release component and applied movement neurology is used for activating the movement subsystems of the trunk. Subsystems of the core and the serape concept will be discussed as well as the use of cross-crawl other PNF patterns and the effects of movements that cross the midline.

Date: Saturday and Sunday, September 16 and 17, 2017

Time: 9:00am - 6:00pm

CEUs: 16 NY State, 16 NCBTMB, 1.6 ACE, 16 NSCA

\*\* Register now to receive early bird discount →

You will learn:

- Functional Anatomy and Exercise Biomechanics of the Trunk and Core
- Flexibility Testing of the Trunk
- Assisted Stretching of the Trunk
- Post-Rehab Exercise Guidelines for Back Injuries and Conditions
- Introduction to Self-Myofascial Release
- Assessing Movement from a Neurological Perspective
- Core Stabilization : A Full Body Approach
- Self-Trigger Point Release

## Flexibility & Corrective Exercise Specialist Certificate\*

Saturday and Sunday, December 2 and 3

**\$295 early registration discount  
until November 12 (\$325 after)**

This certificate of advanced learning is designed for those using corrective exercise strategies including self-myofascial release and advanced stretching techniques to achieve safer and more effective workout programs with their clients. This two day workshop allows candidates supervised practical experience and program design practicum in applying the assessments, stretching techniques, myofascial, trigger point, neurological techniques and corrective exercises taught in the Focus on Flexibility 1 & 2 workshops.

\*Open only to students who have taken FOF 1 AND FOF 2

Date: Saturday and Sunday, December 2 and 3, 2017

Time: 9:00am - 6:00pm

CEUs: 16 NY State, 16 NCBTMB, 1.6 ACE, 16 NSCA

\*\* Register now to receive early bird discount →

### To Register

Classes fill up quickly, so register early to receive special discount

[www.swedishce.com](http://www.swedishce.com)

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