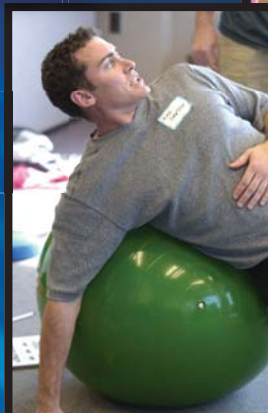


Bands, Balls and Balance

Evidence-Based Progression of Elastic & Proprioceptive Exercises

- Hands-On Workshop
- Inexpensive/Readily Available Equipment
- PT/PTA, OT/COTA, AT, DC at All Levels
- Impairment-Based Exercise Progressions
- Clinical Decision Making
- Immediate Clinical Applications

Bands, Balls and Balance is an evidence-based practical workshop that provides clinically relevant therapeutic exercise progressions. Using inexpensive and readily available equipment, this workshop will help improve clinical decision-making and problem solving skills for rehabilitation professionals at all levels. This intensive workshop includes lecture and hands-on lab activities using progressive elastic resistance and progressive proprioception exercises using exercise balls, and balance training devices. Participants will learn the scientific basis for impairment-based exercise progressions including state of the art EMG analysis and proper patient positioning for appropriately-dosed exercise prescription. Participants will improve their clinical decision making and take away immediate clinical applications based on the latest research from around the world.



2012-13
CALENDAR

Oct 20	Jacksonville, FL
Nov 03	Charlotte, NC
Dec 01	San Antonio, TX
Dec 08	Dallas, TX
Dec 15	Tampa, FL
Jan 12	Houston, TX
Feb 02	Kansas City, MO
Feb 23	Ft. Lauderdale, FL
Mar 09	Atlanta, GA
Apr 06	Denver, CO

INSTRUCTOR will be one of the following:



Phil Page	PhD, PT, ATC, CSCS, FACSM
Andre Labbe	PT, MOMT
Robert Lardner	PT
Barton Bishop	PT, DPT, SCS, CKTI, CSCS
Mike Cicero	PT

COMPLETE BIOS AVAILABLE ON CIAO WEBSITE UNDER COURSE LISTING.

AGENDA

- 7:30 - 8:00 Registration
- 8:00 - 12:00 Lecture/Lab
Scientific and Clinical Progression of Elastic Resistance
- 1:00 - 3:00 Lecture/Lab
Progressive Proprioceptive Training
- 3:00 - 4:00 Lecture/Lab
Flexibility Training
- 4:00 - 4:30 Clinical Questions/Application



CEUs 0.7 (7 hours) PT/PTAs, OT/COTAs, ATs Complete CEU information available on our website.

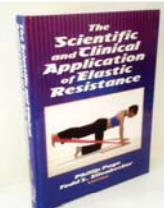
\$170*
\$180**
\$190***



PRICE RATES

- *Early Group Rate
- **Group OR Early Individual
- ***Individual

Early = 1 month in advance
Group = 3+ registrations



\$61



\$24

Books may be purchased at time of registration or will be available at the course site. These books are not required for the course

REGISTRATION:

www.ciaoseminars.com
1-888-909-CIAO (2426)



This workshop is supported by
www.Thera-BandAcademy.com