

### Fixing the Curse of Low Back Pain and its Connection to Hip and Knee Pain

Low back pain affects 80% of the population, and many people have chronic low back pain that affects their daily life. Since this can be a barrier to exercise and rehabilitation, it's imperative that personal trainers – and any health care professional who prescribes exercise – know how to functionally assess the common weaknesses, imbalances, and inflexibilities in the lower body. We'll cover common training pitfalls that contribute to knee, hip, and low back pain, and demonstrate a step-by-step graduation of corrective strength and flexibility exercise, as well as a review of which exercises to take out of a program.

**\*\* No seminars are scheduled at this time.**

### Dealing With Rotator Cuff Issues Effectively and Safely in a Fitness Program

Rotator cuff injuries are a common traumatic and repetitive injury, especially in the recreational athlete over 40. Trainers need to know how to screen for them and train with them, not 'around' them. The key is to understand the chronic postural adaptation patterns that contribute to imbalances of the shoulder girdle – creating weakness and instability – that eventually lead to these chronic, degenerative tears. We'll demonstrate how to effectively train the shoulder girdle and improve scapular stability, and practice so you can incorporate these exercises Monday morning, confidently dealing with, and even fixing, your client's shoulder pain once and for all!

**\*\* This 90 minute workshop is being presented at the Toronto CanFit Pro Conference on Saturday, August 15 from 7:30-9:00am. See CanFit Pro website for details.**

### Cheating Your Core — Are You Really Using the Abdominals?

Many abdominal and core exercises are really 'fake' as the abdominal muscles aren't being used effectively. Even worse, the hip flexors may be preferentially engaged, creating increased stress on the low back, causing pain. In this course, you will learn a quick and easy test to determine how well clients can activate their abdominal muscles, and then demonstrate and discuss common exercises. We will also review the anatomy and true function of the core as well as differences in the upper and lower abdominals, why the abs can hurt so much in a plank and how to train and progress a client.

**\*\* No seminars are scheduled at this time.**

### **\*NEW\* 90 minute workshops now available for small groups!**

#### Workshops available include:

- A: Fixing the Curse of Low Back Pain and its Connection to Hip and Knee Pain
- B: Dealing with Rotator Cuff Injuries Effectively and Safely in a Fitness Program
- C: Cheating your Core — are you really using your abdominals?

For more information or to book a seminar/workshop, contact Dr. Astrid Trim at [astrid.trim@rogers.com](mailto:astrid.trim@rogers.com) OR go to [www.FMAGEM.com](http://www.FMAGEM.com)

# FMA & GEM

## FUNCTIONAL MUSCULAR ASSESSMENT & GRADUATED EXERCISE METHODS

### A 2 DAY COMPREHENSIVE & PRACTICAL WORKSHOP FOR FITNESS TRAINING PROFESSIONALS

WORTH 2.2 GOODLIFE BLACKBELT POINTS

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



#### Presented by:

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# FMA & GEM

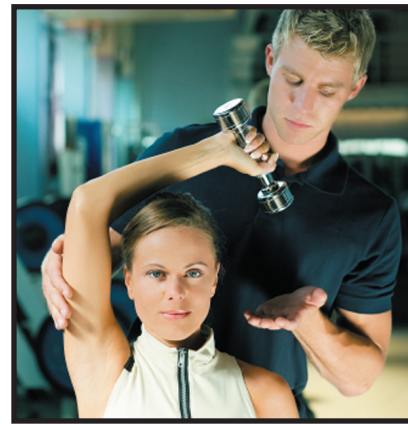
## FUNCTIONAL MUSCULAR ASSESSMENT & GRADUATED EXERCISE METHODS

A 2 DAY COMPREHENSIVE & PRACTICAL WORKSHOP  
WITH CERTIFICATION WORTH 2.2 GOODLIFE BLACKBELT POINTS

The FMA & GEM workshop is a 22 hour program designed for fitness training professionals who want a deeper understanding in the principles of muscular strength, endurance and balance. Accompanying this is effective training for injury management and prevention, specifically for the most common injuries seen with clients: low back pain, knee, shoulder and neck pain. This workshop gives new and experienced trainers the extra edge in designing customized fitness programs for their clients.

### The FMA & GEM workshop includes:

- The tools to identify abnormal muscular and postural patterns in the body using Janda's biomechanical theories of upper and lower crossed syndromes. When muscular imbalances exist, they can lead to injury in training and cause failure of the client to complete their fitness program.
- A simple, yet effective functional assessment examination to determine what muscles specifically need strengthening and what muscles need stretching. This gives a solid basis and foundation for the level of difficulty to start training clients and what exercises need to be modified or removed from a program. An excellent before and after evaluation checklist is provided to chart your clients' progress with training.
- A graduated step by step program of stretches and exercises that address the muscle imbalances found with testing, along with take-home reinforcement exercises for clients to have continued success with their program. The importance of cueing a client correctly and identifying when a "faulty pattern" is present in complex exercises. Picture and video analysis are used frequently in demonstrations.
- Design of a fitness program and combination of exercises in a program ("supersetting") using solid postural rehabilitation techniques and a focus on pelvic, spine and scapular stabilization. Emphasis in injury management and prevention will be on clients with low back pain, hip, knee, shoulder and neck pain.
- A dynamic stretching and warm up routine to supplement the fitness program and reinforce postural corrections.
- Actual case studies and practical training with real clients reinforces the training and immediately applies the knowledge gained. Marketing tools to engage new clients are taught.
- Each workshop will conclude with a written and practical examination for Certification. A successful candidate will receive credit for 2.2 GoodLife blackbelt points.



## FMA & GEM WORKSHOPS FOR 2015

- Now a 2 day, 22 hour comprehensive workshop
- 2.2 GoodLife blackbelt points
- Certification awarded upon successful completion of course.

## FMA & GEM WORKSHOP INFORMATION

### Where:

**Dunfield Goodlife Club  
Yonge & Eglinton  
110 Eglinton Avenue East, Toronto  
416-485-0343**

### When:

**Saturday, October 3 & Sunday October 4**

### Workshop hours:

- Saturday: 8:30 a.m – 6:00 p.m.
- Sunday: 8:30 a.m. – 5:00 p.m.

### Workshop fees:

\$ 498.00 + HST regular fee

### Discounts available:

\$ 40.00 off for early bird registration  
before September 23

**\*\*\* THIS WORKSHOP WILL GIVE YOU THE CONFIDENCE AND TOOLS TO DELIVER A SAFE AND EFFECTIVE FITNESS PROGRAM FOR YOUR CLIENTS. YOUR CLIENTS WILL FEEL THE DIFFERENCE AS NAGGING INJURIES START TO DISAPPEAR AND THEY GET STRONGER. YOU OWE IT TO YOU AND YOUR CLIENTS TO TAKE THIS COURSE !!**