



Synergy of Human Movement


Presented by

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Pinnacle

Training & Consulting Systems

<http://www.pinnacle-tcs.com>



A comprehensive biomechanical functional analysis on human movement. This scientifically based program examines common upper and lower body dysfunctions, tissue healing, common surgeries, functional training strategies and advanced strengthening exercises that will enhance your training repertoire.

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Chris is a physical therapist, and a certified strength & conditioning specialist (C.S.C.S.) with over 16 years experience as both a practitioner, and experienced personal trainer. He has extensive clinical experience in having worked with various spinal injuries, post-surgical conditions, traumatic and sport specific injuries.

He utilizes his unique background as both a clinician and personal trainer teaching post-rehabilitation seminars to personal trainers, has spoken at national fitness conferences, and written for various fitness publications on fitness and post-rehabilitation training.

*Synergy
of Human Movement*

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Concept:

Synergy of Human Movement program was created with one thing in mind. To teach the personal trainer medical and scientifically based information enhancing their knowledge base. To bridge the gap between physical therapists and personal trainers.

This one-of a kind program is the only continuing educational program that examines human movement synergistically, how injuries develop and how to train clients post rehabilitatively all based on science. Utilizing a fusion of scientific principles including anatomy, functional anatomy, biomechanics, periodization training and the latest research for the fitness professional, this comprehensive program is available as a home study course. Readings, quizzes, interaction with the creator via email or phone, examinations after each unit and referenced manuals are all included.

CEU credits earned for ACE, AFAA, and NASM respectively.

Synergy of human movement was designed for personal trainers **who want to advance their careers** to the next level! It is designed for those who are interested in working with clients of all ages including special populations, sport specific clients and post-rehabilitative clients.

The program is not intended to teach the attendee (personal trainer) to act nor be a physical therapist. Moreover, PTCS encourages personal trainers to practice within their scope of practice accordingly.

Goals of the Program:

- To foster inter-relationships amongst physical therapists and personal trainers
- To teach scientifically based information to personal trainers' on how human movement occurs and common dysfunctions whereby enhancing their knowledge base and their ability to demonstrate exercise prescription competently

A Multidimensional Learning System that will include:

Interactive instruction with Chris Gellert, PT, MPT, CSCS, CPT

Educational Options Available:

Synergy of Human Movement Home study version

Synergy of Human Movement Live seminars

Educational instruction available via three different books entitled "Understanding the Nuts and Bolts of the Shoulder", "Understanding the Nuts and Bolts of the Knee", "Understanding the Nuts and Bolts of the Spine"

A scientific approach for the personal trainer examining functional anatomy, biomechanics, injuries, advanced strengthening exercises .

Course Outline:

Unit one: Introduction/Scope of Practice/Professionalism

Unit two: Foundation of Business Marketing

Unit three: Human Movement and How dysfunctions develop

Unit four: Fitness Assessment

Unit five: Principles of therapeutic Design/Program Design

Unit six: Integrative training principles & exercise prescription for movement dysfunctions

Course Objectives:

Learn how to attract and retain clients/how to build allied health relationships/ when and why to contact a physician

Understand how human movement occurs synergistically

Be able to perform a complete fitness assessment confidently

Understand thoroughly principles of program design/periodization training and be able to design programs that get results

Learn about common surgeries of **upper & lower body with post rehabilitative guidelines/training**

Understand common Movement dysfunctions (**upper/lower body in orthopedics/neurology/special populations con't**) with respective post-therapy training/exercises

Learn the skills with Integrative therapeutic exercise training

Learn new Advanced shoulder & spinal stabilization training/exercises

Enhance your exercise repertoire for all of your clients

Interact with an experienced clinician about various case studies with discussion/ in class exercises

**For more information on the course
visit www.pinnacle-tcs.com**