



Two Day Live Function Course

The Functional Hip and Lumbar Spine

Saturday & Sunday
June 2 & 3, 2012
8am–5pm

Presented By:
Jay Inman and Vance Ferrigno

Hosted by
F3 Training Systems, LLC
and
SSI Physical Therapy
Greer, SC

Registration Form

Name: _____ Phone number: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Cost: \$249 for 1 Day; \$395 for both days if paid before April 30, 2012; \$279/\$425 after

Please make check and mail to F3 Training Systems, LLC 47 Meadow Rose Dr. Travelers Rest, SC 29690

Pay with credit card Visa () Mastercard () AMEX () Card # _____

Security code: _____ Expiration Date: ____/____

Card Holder Name: _____ Signature: _____

Course Objectives:

These are innovative, one day seminars providing participants with essential principles, strategies and techniques of Applied Functional Science. The seminar encourages direct participation and interaction between facilitators and participants to enhance the ability to assess and address client patient function. During the course participant will learn a principle based approach to creating strategies for assessment/testing, prevention, training and rehabilitation to facilitate improved functional thresholds.

Lumbar Spine:

The lumbar spine is “main street” at the crossroads to the body, reacting and transmitting everything that happens above or below it. In addition to three dimensional, efficient function, health professionals need to know how to determine what is causing a client/patients back complaint, as well as how the whole body is compensating. In order to condition the low back and address low back injuries, we must have a principle based strategy to understand why the back is not moving correctly, why it may be in spasm and why the back is over or under stressed.

Hips:

The hips are the power source for the body in all function including walking, running, pushing, pulling, throwing, catching, swinging, jumping, landing etc. This fact is simple to conceptualize when we view the large soft tissue mass surrounding the hip. Therefore we must appreciate the hip as a potential cause and/or compensation of many body dysfunctions. To assist in your exploration of assessing and designing solutions for the hip and its whole body functional influence, we will share a principle-strategy-application process.

LIVE FUNCTION PRESENTERS

Jay Inman, PT, FAFS

Jay is a Physical Therapist from Medina, OH. He is a graduate of Ohio University holding a bachelors degree in Physical Therapy. From 1990-95 Jay was employed at Doctors Hospital in Columbus, Ohio where he performed extensive training in lower extremity functional biomechanics, foot orthoses and human function. In 1995 Jay began working for Medina General Hospital as coordinator of out patient satellite sports medicine offices. Jay is a Fellow of Applied Functional Science graduating from the Gray Institute for Functional Transformation (GIFT) program in 2007. Jay continues to utilize his knowledge of functional biomechanics through two physical therapy clinics, as well as performing golf swing analysis for Medina Hospitals Sports Quarters. He has a private strength and conditioning practice where he works with several athletic organizations.

Vance Ferrigno, CSCS, FAFS

Vance Ferrigno is an Exercise Physiologist and Strength and Conditioning coach from Travelers Rest, SC. He received his Exercise Science degree from Florida State University's 1988 and his Fellow of Applied Functional Science from the Gray Institutes GIFT Program in 2008, for he now serves as a Facilitator. He has worked extensively with a variety of populations on sports performance and corrective exercise. He has co-authored a book entitled Training for Speed, Agility and Quickness (Human Kinetic Publishers) that has sold over 100,000 copies, is sold world wide and is translated into seven languages. Additionally, Vance's background has included working with junior athletes at the local leagues level, high school and collegiate level to the professional level. Most notable of his client list is four time Gold Glove shortstop Tony Fernandez and PGA Tour winner Bernhard Langer. He has also sat on the advisory boards and committees of various sports medicine entities. Among those are Tony Fernandez Baseball in the Dominican Republic, the National Strength and Conditioning Associations (NSCA) National and State Conference Committees, the NSCA Journal Review Board and the Certification Director for the American College of Sports Medicine in the state of Florida.

Course CEU's 7.5 for 1 day/ 15 for both. Pre-approved by NSCA, NATA, NASM, and BOC. All appropriate information will be provided for State PTA requirements.

Cancellation Policy:

Full Refund if 60 days prior to event; \$50 processing fee if less than 60 days; no refund less than 30 days.

Contact Information:

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864-420-8261**

**To learn more about the Gray
Institute please go to
www.grayinstitute.com**

**For direction to SSI please go to
www.ssi-physicaltherapy.com**