



FCR LIVE

FEMALE CHAIN REACTION®

PHYSICAL THERAPISTS, PERSONAL TRAINERS, AND PILATES INSTRUCTORS

EXPLORE FUNCTIONAL MOBILITY TECHNIQUES FOR THE COMPLETE CORE AND EXERCISE INTEGRATION UTILIZING A VARIETY OF FUNCTIONAL TOOLS. PARTICIPANTS WILL UNDERSTAND HOW THE PELVIC CORE NEUROMUSCULAR SYSTEM (PCNS) CAN INFLUENCE ORTHOPEDIC INJURIES, HOW PREGNANCY WILL INFLUENCE THE PCNS AND HOW PELVIC CORE DYSFUNCTION MAY LIMIT A PATIENTS FUNCTION AND ABILITY TO EXERCISE.

**2-DAY
LIVE COURSE**



GRAY INSTITUTE®
The Source. Your Source...

APPLIED FUNCTIONAL SCIENCE®

FCRLIVE

FEMALE CHAIN REACTION®

COURSE OBJECTIVES

UNDERSTAND the functional relationship of the Pelvic Core Neuromuscular System in reference to the female/male client.

DESCRIBE how to functionally evaluate and stimulate the Pelvic Core Neuromuscular System for core stability.

DEVELOP treatment and exercise strategies for the Pelvic Core Neuromuscular System and apply it to the female/male client.

UNDERSTAND a variety of functional tools for the Pelvic Core Neuromuscular System and group exercise.

INSTRUCTOR



Christina Christie, PT, CCE, FAFS, FMR

Christina is a Senior Physical Therapist and Women's Health Co-Manager for Athletico Physical Therapy in Park Ridge, Il. and President of Pelvic Solutions, LLC. She received her Bachelor of Science Degree in Physical Therapy from Rosalind Franklin University in 1990. She is a Fellow of Applied Functional Science, certified in Functional Manual Reaction, as a graduate from the Gray Institute. Christina is also a faculty member for the Gray Institute. She specializes in the evaluation and treatment of the women's health patient including pregnancy, incontinence/pelvic floor dysfunction and orthopedics/sports related injuries. She has developed the Female Chain Reaction Course for the Gray Institute, is the Inventor of the Pelvicore and Pelvicore Training Method and continues to lecture internationally on the evaluation and treatment of the women's health population for the Gray Institute, APTA, IPTA, IDEA Health and Fitness Association and SCW Fitness.

FCRLIVE COST

\$595 limited to first 25 paid registrations

SCHEDULE

DAY 1

7:30-8:00am - Registration

8:00-10:00am - Intro to AFS & Functional Anatomy/
Biomechanics of the Pelvic Floor & Pelvic Core
Neuromuscular System The Matrix System

10:00-10:15am - Break

10:15am-12:15pm - Pregnancy and the Pelvic Core/
Lab-Triplane Stretching (all populations)

12:15-1:15pm - Lunch

1:15-1:45pm - Lab-Pelvic Core TM Instruction

1:45-3:00pm - Pelvic Core Dysfunction & Orthopedic
Implications

3:00-3:15 - Break

3:15-5:00pm - Female and Male Athlete/ACL/Hip Labrum

Day 2

8:00-10:30am - Pelvic Core Cardio Core Conversion , Sit and
Fit and Inner Pelvic Core Workouts

10:30-11:00am - Break

11:00am-12:30pm - Evaluation of the Female & Male Patient

12:30-1:30pm Lunch

1:30-2:45pm - Functional Tools; Marketing; Group Exercise &
Community Education Tweaks & Exercise Progression

2:45-4:00pm - Q & A; Discussion

CEUs / CECS

Approval from various organizations will be sought and published online at www.GrayInstitute.com.



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