



FEMALE CHAIN REACTION[®]

IS COMING TO PHOENIX

Physical Therapists, Personal Trainers, and Pilates Instructors

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 patient's function and ability to exercise.

**2-DAY
LIVE COURSE**



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 exercises.

APRIL 13-14, 2019

8AM-5PM (EACH DAY)

Spooner Physical Therapy—Glendale
5281 N 99th Avenue, Suite 200
Glendale, AZ 85305



**TO REGISTER, CONTACT TRENT AT 480-551-4955 OR
T.STAPLEY@SPOONERPT.COM.**

\$495 EARLY BIRD SPECIAL ENDS FEBRUARY 28, 2019