



Real Rehab

SPORTS + PHYSICAL THERAPY

P 206.706.7500
F 206.706.7890
9725 3rd Ave NE Suite 100
Seattle WA 98115
realrehab.com

Female Chain Reaction® A Gray Institute Event

Hosted by: Real Rehab Sports and Physical Therapy

Dates: April 25 and 26, 2020

Cost: \$595

Registration: call or email Eric at eric@realrehab.com

FCR is approved for CEUs through the following:

ACE - 14 CECs ACSM - 14 Contact Hours NASM - 1.4 CEUs AFAA - 14 CEUs ProCert -

10 CCUs

Course Description:

The Female Chain Reaction will introduce you to the unique aspects of Female Biomechanics as compared to Male Biomechanics. This two-day intensive course will explore the Pelvic Core Neuromuscular System (PCNS) and how the PCNS can influence orthopedic injuries/sports performance, how pregnancy will influence the PCNS, how to navigate the post-natal period for recovery/restoration of the PCNS and how pelvic core dysfunction will effect quality of life and an individual's ability to participate in ADL's/exercise. Patient or client populations included are the young female athlete, pregnant/postpartum, middle aged athlete and senior populations.

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.





Real Rehab

SPORTS + PHYSICAL THERAPY

Course Objectives:

- Understand the functional relationship of the Pelvic Core Neuromuscular System in reference to the female/male patient or client.
- Describe how to functionally evaluate and stimulate the Pelvic Core Neuromuscular System for complete core health.
- Develop treatment and exercise strategies for the Pelvic Core Neuromuscular System and apply it to the female/male patient or client.
- Understand a variety of functional tools for rehabilitation of the Pelvic Core Neuromuscular System and group exercise.

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

Who Should attend the Female Chain Reaction®?

Female Chain Reaction®: is designed for any and all practitioners in the Movement Industry.

Professionals include, but are not limited to, the following:

Physical Therapists, Personal Trainers, MDs, Occupational Therapists, Chiropractors, Osteopaths, Athletic Trainers, Nurses and Nurse Practitioners