

# **The Fundamentals of Corrective Exercise**

By Justin Price, MA

**The Fundamentals of Corrective Exercise** is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to alleviate or eliminate pain caused by common musculoskeletal imbalances using corrective exercises.

## **The Fundamentals of Corrective Exercise explores:**

- Exercises that eliminate pain caused by common musculoskeletal imbalances
- Self-myofascial release techniques
- Stretching exercises to increase mobility and range of movement
- Strengthening exercises to help clients move correctly and without pain
- Strategies for regressing and progressing exercises as appropriate to a person's abilities

## **Upon successful completion, course participants will:**

- Know 30 of the most effective exercises for eliminating pain caused by common musculoskeletal imbalances
- Have the skills to alleviate restrictions in muscles and fascia using self-myofascial release techniques
- Understand how to increase a client's mobility and range of movement using specific stretching exercises
- Be able to prescribe strengthening exercises that will enable a client move correctly and without pain
- Know valuable strategies for regressing exercises as necessary, and then progress exercises as a client's abilities improve

## **Course Presenter Bio**

Based in San Diego, Justin is the creator of The BioMechanics Method® which provides corrective exercise education and programming for health and fitness professionals. He is an IDEA International Personal Trainer of the Year, expert on corrective exercise for the American Council on Exercise and BOSU® and founding author of PTA Global. He is also director of content for PTontheNet and an education provider for TRX and the National Strength and Conditioning Association.