

Functional Solutions for Special Populations

By Chuck Wolf, MS

Functional Solutions for Special Populations is targeted towards Personal Trainers with a minimum of 2 years' experience. It takes a detailed look at strategies for dealing with back pain, knee issues and shoulder problems.

Functional Solutions for Special Populations explores:

- Mobility and stability of joints in 3 planes of motion
- Unravelling the complexities of what goes on in the body
- The movement spectrum
- The 4 most common back issues
- Variables to assessment and program design
- 360 degree movement assessment
- Matching exercise to a designated stretches
- Back reconditioning programming
- Piriformis and iliotibial band issues

Upon successful completion, course participants will:

- Understand how to correct kyphotic posture
- Have movement and stretching strategies for scoliosis
- Know how to conduct a 360 degree assessment using a movement grid for gait and motion analysis
- Be able to prescribe the appropriate matching exercise for a designated stretch
- Understand the need for a 'regressive to progressive' approach for developing strategies for program design
- Know how to bridge the gap between traditional isolated exercise and functional movement
- Have a week by week back reconditioning program.

Course Presenter Bio

Chuck Wolf has a Masters of Science Degree in Exercise Physiology from George Williams College, and specializes in Applied Biomechanics. He presently is the Director of Human Motion Associates, in Orlando, Florida, consulting with clients ranging from the rehabilitation setting to professional athletes of the highest level. Chuck works extensively with many of the top 50 PGA players in the world and also has worked with numerous professional baseball players and other high level athletes. He has emerged as a leader of functional anatomy and biomechanics within the fitness and sports performance industries and works extensively with internal medicine physicians, orthopedic specialists, neurosurgeons, and physical therapists addressing musculoskeletal issues and developing corrective exercise programs. Chuck has presented at many national and international conferences and written numerous articles and produced many educational videos in the areas of human motion, sports science, and human performance.