

How to train clients with below-the-hip injuries

By Paul Wright

How to train clients with below-the-hip injuries is a must for all Fitness Professionals wanting a more in depth knowledge of commonly occurring injuries. A basic foundation of anatomy and rehabilitation is ideal in order to get the most from this course.

How to train clients with below-the-hip injuries explores:

- Medial collateral ligament
- Anterior Cruciate Ligament rupture
- Patellofemoral Pain syndrome
- Posterior Cruciate Ligament rupture
- Calf strain

How to train clients with below-the-hip injuries is delivered online using 5 articles, covering various commonly occurring injuries, and a 20 question multiple choice assessment.

Upon successful completion, course participants will be able to:

- Identify when a client should be referred onto a physiotherapist
- Understand the anatomy and underlying causes for the conditions listed
- Name suitable exercises to include in the rehabilitation of the above conditions
- Recognise unsuitable movements/exercises and the reasons for their exclusion

Course Creator Bio

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