



Roman Method: Client Centred Approach to Re-Training Motor Control

2 Day Course

Members \$900.00

Non-Members \$1100.00

15 CEC

Pre-requisite for all other Roman Method Movement training courses

Course Description

This workshop is designed to introduce Physiotherapist, Exercise Physiologists and Exercise Scientists to the Roman Method as a tool for targeted therapeutic exercise for performance in healthy populations, management and/or treatment of musculoskeletal conditions (chronic pain, soft-tissue injuries, arthritis, and orthopaedic rehabilitation), and manifestations of neurological conditions which cause a decline in balance or coordination. The method is a holistic approach that integrates the understanding of Neuroplasticity and the principles of Positive Psychology to create a Client-Centred Approach to motor control learning.

Practitioners will develop skills in the Client Centred Approach incorporating Positive Psychology to assist in client skill acquisition, along with the role of balance challenging exercise and slow eccentric exercise, which creates a learning environment for motor re-patterning, starting new or mastering movement patterns. To achieve this, the method explores the importance of Sequential Training and demonstrates how to safely modify exercise by using appropriate regressions or progressions. Employing the principles of “Assess, Correct, Perfect and Perform” when using the Roman Method’s “Four Pillars” of stability during movement – neutral spine, core control, pelvic stability and scapular stability - will facilitate teaching safe and effective movement training.

Finally, practitioners will utilise all of the above to develop strategies and exercise programs to target poor static and dynamic postures in order to assist clients in improving or adopting new more efficient movement skills.