



Pre-Requisite -The Client Centred Approach to Re-Training Motor Control

2 Day course

ESSA Members \$1050.00

Non-Members \$1100.00

CORE STIX

ESSA Member \$175.00

Non-Members \$200.00

Course Description

Created for Exercise Physiologist who wish to instruct one-on-one CORE STIX training in settings such as fitness facilities, gyms, studios, client workplaces, Physiotherapy practices and Exercise Physiologist training clinics. The CORE STIX course is designed 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.

This course uses the Roman Method as a tool for teaching CORE STIX exercises and explores the concept of creating stability during mobility. Practitioners will identify inefficient or restricted movement patterns due to factors such as sustained or repetitive postures, fascia, and pain perception. Skills in injury risk reduction using correct sequence of muscle kinetic chain activation to achieve tasks safely and efficiently.

Techniques such as sequential training, dissociation, cueing, and how to regress and progress exercises will be provided to assist instructors to teach simple to complex, multiplane movement patterns. The exercises demonstrated in this course will provide beginner to advanced repertoire to provide a range of prescriptions for any level of client related stability, endurance, and motor control. Slow movement eccentric training and balance training in reformer exercises will be incorporated on the reformer to create an environment of learning and problems solving for participants, while also providing direction for uninterrupted flow between exercises.