

Perfect Postures Level 1 Certification: **Pelvic Deviations and Its Affect on Whole Body Joint Function-Emphasis on Lumbar Spine and Hips**

\$799

Save your spot today for only \$400, and pay the remainder of the balance when you arrive for the certification weekend.

This 2-day course will demonstrate how the 5 most common pelvic deviations directly affect the function of the lumbar spine, hips and beyond. When you add strength to these deviations your clients are strengthening the muscles of the pelvis, hip and low back in a faulty alignment. This only increases the muscular imbalances, which causes further joint dysfunctions throughout the entire body. This course will not only give you a perfect opportunity to help change your clients' muscle and joint dysfunctions but also change the way you view the human body. You will learn how to evaluate, choose the appropriate corrective exercise program based on the pelvic deviations and then experience the corrective effects of the specifically sequenced programs for each of the 5 pelvic deviations. You will leave this course with not only an increased knowledge base, but also a new way to assess and help your clients with their pelvis, low back and hip dysfunctions. The end result is happy clients and increased referrals.

We are confident this will be one of the most powerful and educational certifications in which you will participate. This amazing opportunity will help you grow professionally and help you expand your business.

Don't Stop at Level 1!

Continue your Perfect Postures education and work towards becoming a Master Practitioner through all the weekend certification courses:

Level 2: Lower Extremity

Level 3: Torso

Level 4: Upper Extremity

Level 5: Master Perfect Postures Practitioner: Putting It All Together

Through all 5 levels of the certification you will learn that the human body does not function as individual parts, but rather the entire body works together as a complete system.

To Register Please Call (617) 244-6900

Perfect Postures Certification

Level 1: Pelvic Deviations and its Affects on Whole Body Joint Function

Day 1: Introduction

9am-10am

1) Level 1 Perfect Postures Certification Expectations

- How to evaluate posture
- The 5 pelvic deviations that can affect the entire body
- Postural compensations typically seen throughout the body due to each of the 5 Pelvic Deviations
- Common symptoms and conditions caused by the 5 Pelvic Deviations
- Choosing the proper posture category for your client
- Learn the corrective exercise programs for each pelvic deviation
- How the Perfect Postures Program can be implemented to expand your business or create new business opportunities

10am-11am

2) Perfect Postures Philosophy

- Void in our healthcare model
- Treatment of Symptoms versus addressing the causes of pain
- Muscle imbalances and joint dysfunction

11am-12pm

3) Posture Evaluations

- Locating the proper landmarks
- Techniques for palpating landmarks
- Postural deviation sheet
- Charting your findings

LUNCH: 12pm-12:45pm

Day 1: Introduction (continued...)

12:45pm-3:20pm

4) The 5 Postural Categories

- Rotated Pelvis
- Elevated Pelvis
- Asymmetrical Pelvic Tilt
- Posterior Pelvic Tilt
- Anterior Pelvic Tilt

5) Practical

- Evaluate each other
- What postural category do you fall in?

3:20pm-3:30pm - Break

3:30pm-4:15pm

6) How to intake your client

- Health history
- Listening to you client
- What to ask

7) Techniques

- Exercise techniques used to correct postural deviations
 - Isometric Holds
 - Isometric Contractions
 - Stretches
 - Reciprocal Inhibition
 - Fatigue

4:30pm-5pm

8) Discussion

- Q and A

Day 2: Postural Categories & Becoming a Level 1 Certified Perfect Postures Practitioner

9am-12pm

1) Corrective exercises for each Category

- Explain the execution of each exercise
- Purpose of the exercise
- Proper sequencing – why is it important?
- Proper cueing
- Exercise modifications if your client experiences pain

LUNCH: 12pm-12:45pm

12:45pm-2:45pm

2) Practical

- Experience the exercises
 - You are the client
 - You are the evaluator

To become a Level 1 Perfect Postures Practitioner you must:

- Pass the written exam
 - To pass you must achieve an 80%
- Pass the practical posture evaluation
 - To pass you must be able to properly evaluate, choose the correct program, and ensure the desired outcome of the program is achieved for 2 out of 3 people.
- Be a member of the Perfect Postures Education Website

2:45pm-4pm

3) Written Exam

- Multiple choice
- Essay

Day 2: Postural Categories & Becoming a Level 1 Certified Perfect Postures Practitioner (continued...)

4pm-4:45pm

4) Practical Exam

- Postural evaluation
- Choose the appropriate category
- Take the client through the corrective program
- Chart the outcome with objective and subjective feedback

4:45pm-5pm

5) Perfect Postures Education Website

- Experience the exercises
 - You are the client
 - You are the evaluator

We want you to stay immersed in the always continuous education by becoming a member of the Perfect Postures team through our education website

Through the website you will find:

- Articles
- Videos
- Pictures
- Exercise programs
- Case studies of the week.
- Information on the future certifications
- See what Aaron does with his clients
- What exercises worked and did not work
- Explanations of why the exercises did or did not work

A reduced rate will be available for Certified Perfect Postures Practitioners to be part of the Educational Website