

***Taking the next step to becoming a Master
Perfect Postures Practitioner:***

**Level 3
Perfect Postures Certification**

Torso Deviations and Their Affects on the Function
of the Scapula and the Spine

**February 23 - February 24
9am - 5pm**

\$799

What's next? It's time to incorporate the upper body into your Perfect Postures knowledge. Learn the deviations that may occur throughout your client's torso and how dysfunctions throughout the spine and scapula may be a result. But, don't forget about the pelvis... You will keep growing as a Perfect Postures Practitioner as you continue to link the entire body together, discovering the best ways to help your clients reduce pain and increase function.

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

***Don't Loose Your Spot!
Registration Deadline: January 22***

To Register Please Call (617) 244-6900

Perfect Postures Certification

Level 2: Torso Deviations and their affects on the function of the Scapula and the Spine

Level 3 Perfect Postures Certification Expectations

How to evaluate the spine and scapulae

Movements

Positions

How each section of the spine can affect one another and/or the scapula

How the lumbar spine can affect the Thoracic Spine

i.e. Lumbar extension can cause thoracic rounding

How the thoracic spine can affect the cervical spine

How the thoracic spine can affect the scapula

How the thoracic spine can affect the lumbar spine

Choosing the proper posture category for your client

Learn corrective exercise programs for each posture category

Bringing the pelvis back into the picture - How do the pelvis, lumbar spine, thoracic spine, and cervical spine all function together?

What are the typical torso compensatory postures based on pelvic deviations?

What are the typical pelvic compensatory postures based on torso deviations?

Day 1: Introduction to Torso and Spinal Dysfunction

1) Joint Movements and Positions

- Lumbar spine
- Thoracic spine
- Cervical spine
- Scapulae

2) Posture Evaluations of the Torso

- Locating the proper landmarks
- The 5 posture categories of the torso
 - Torso Rotation/Counter Rotation
 - Torso Lateral Flexion
 - Thoracic Flexion (Kyphosis)
 - Asymmetrical Scapula - Depression/Elevation
 - Abducted Scapula
- Charting your findings

3) Compensatory positions of the torso and scapula

- Torso rotation affecting the scapula
 - Depression/Elevation
 - Abduction/Adduction
- Torso rotation affecting the cervical region
- Thoracic flexion affecting the cervical region and scapula

4) Practical

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

Day 2: Postural Categories and Becoming a Level 3 Certified Perfect Postures Practitioner

1) Review the 5 Posture Categories and landmarks

2) Corrective exercises for each category

- Proper execution of each exercise
- Purpose of each exercise
- Proper sequencing – What is the significance of this?
- Proper cueing
- Exercise modifications
 - What to do if your client experiences pain while performing the exercises

3) Practical

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

4) Bringing the pelvis back into the picture

- How pelvic deviations affect the torso

5) Discussion

- Q and A

Become a Level 3 Perfect Postures Practitioner

- 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 achievement of the desired outcome of the program for 2 out of 3 people.
- Complete follow-up exam
 - To pass you must achieve an 80%
- Be a member of the Perfect Postures Education Website

Day 2: Postural Categories and Becoming a Level 3 Certified Perfect Postures Practitioner

1) Written Exam

- Multiple choice
- Essay

2) Practical Exam

- Trunk and Pelvis evaluation
 - Must locate key landmarks
 - Chart findings
- Choose the appropriate category
- Be able to explain how to and why you are having the client do specific exercises?

3) Follow-Up Exam

- At some point following the certification weekend a Follow Up Written exam will be sent out.
- It must be completed and returned to Aaron.
- The follow-up exam will include:
 - Multiple Choice
 - Essay
 - Case Studies

4) Perfect Postures Education Website

- Continuous education
 - Articles
 - Videos
 - Case studies of the week.
 - Follow a client's Perfect Postures experience
 - You will be able to see what Aarons does with his clients
 - What worked and what did not work
 - Explanations of why the exercises did or did not work.
- Being a member of the Perfect Postures Team
 - Education never stops, we are always looking for continuous work with Aaron to keep growing as a Certified Perfect Postures Practitioner
- Information on future certifications
- A reduced rate will be available for Certified Perfect Postures Practitioners on the education website