

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

**Level 4
Perfect Postures Certification**

The Upper Extremity
How the Shoulder affects the Elbow, Forearm and Hand

**July 13 - July 14
9am - 5pm**

\$799

Are you ready to take the next step towards becoming a Master Perfect Postures Practitioner? The upper extremity is the missing link in your knowledge of how the entire body works together as one functioning unit. Get ready to embark on a journey through the shoulder, working your way to the elbow and finally down to the wrist. But, don't stray too far from the midline: keep the deviations of the torso and pelvis in mind. The whole body will always work together, how will you help your clients address their causes for pain and dysfunction?

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

***Don't Lose Your Spot!
Registration Deadline: June 22***

To Register Please Call (617) 244-6900

Perfect Postures Certification

Level 4: The Upper Extremity

How the Shoulder affects the Elbow, Forearm and Hand

Level 4 Perfect Postures Certification Expectations

- **How to evaluate the shoulder, elbow forearm and hand**
- **How each section of the upper extremity can effect one another**
 - How the shoulder can affect the elbow
 - How the shoulder can affect the forearm
 - How the shoulder can affect the hand
- **Choosing the proper postural category for your client**
 - Learn the corrective exercise programs for each category
- **Bringing the torso back into the picture – How do the torso, scapula, shoulder, forearm and hand function together?**
 - What are the typical upper extremity compensatory postures based on torso deviations?
 - What are the typical torso compensatory postures based on upper extremity deviations?

Day 1: Introduction to The Upper Extremity

1) Joint Movements and Positions

- Shoulder (glenohumeral joint)
- Elbow
- Forearm
- Wrist
- Hand

2) Posture Evaluations of the Upper Extremity

- Locating the proper landmarks
- The 4 posture categories of the upper extremity
 - Asymmetrical shoulder heights (elevation/depression)
 - Asymmetrical rotation of the glenohumeral joint
 - Pronation of hand and forearm
 - Wrist and elbow flexion
- Learn what different positions or tests can tell you about the upper extremity
 - Hands and knees
 - Forearm stretch
 - Side forearm stretch
- Charting your findings

3) Compensatory positions of the shoulder, forearm and hand

- Shoulder affecting the elbow, forearm and hand
- Wrist affecting the elbow and shoulder
- Elbow affecting the shoulder

4) Practical

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

Day 2: Postural Categories and Becoming a Level 4 Certified Perfect Postures Practitioner

1) Review the 4 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 torso back into the picture

- How torso deviations affect the shoulder, forearm and hand

5) Discussion

- Q and A

Become a Level 4 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 Continued...

1) Written Exam

- Multiple choice
- Essay

2) Practical Exam

- Upper Extremity 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

A reduced rate will be available for Certified Perfect Postures Practitioners on the 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 Aaron 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