

REHAB TRAINER ONLINE

1. Please describe what Rehab ONLINE is about?



Rehab ONLINE takes a small selection of our most commonly encountered movement dysfunctions (Five Classic Muscle Imbalances) and teaches you how to accurately identify and correct them. With powerful equipment that is posted to you as soon as you register, you will learn how to begin fixing those muscle imbalances that we all get in life, and will contribute to poor training, chronic mild pain and even severe injury for us and our clients.

Rehab ONLINE is a dynamic and very practical workshop for everyone from Personal Trainers, Massage Therapists, and Movement Therapists right through the spectrum to Physiotherapists, Chiropractors and Physical Therapists.

Be introduced to the FIVE principles of R+E+H+A+B, the keys to how to minimise and prevent injuries the *Rehab Trainer* way.

Please be aware that Rehab ONLINE is only a small taste of the full 3-day Rehab Trainer Essentials Accreditation and the higher level Rehab Practitioner. If you have completed either of these courses, you are offered Rehab ONLINE as an extra complimentary resource.

2. Who should attend this workshop? Are there any pre-requisites?

Exercise Professionals of all levels and types of experiences, and Allied Health Professionals seeking to better understand muscle imbalances and how the unique Rehab Trainer model can empower you to assess and overcome them.

Rehab ONLINE is suitable for:

- Personal Trainers
- Sports Coaches (all sports except chess ;)
- Athletes
- Accredited Exercise Physiologists (AEP's)
- Gym Instructors
- Massage Therapists
- Physiotherapists / Physical Therapists
- Osteopaths and Chiropractors

There are no prerequisites at all, except for the capacity to carve out your own time to learn the ONLINE material in the comfort of your own space, or with your team of staff.



3. Why should a personal trainer/fitness or exercise professional do Rehab ONLINE? How is pain and injury management skills relevant to them? Do these skills really help personal trainers to stand out among their peers?

The more you observe how your clients move, you come to appreciate that movement dysfunction is at the core of why people develop muscle and struggle to train properly. This course will provide you with the answers as to *why* they have movement dysfunctions, *what* muscle imbalances are at their core, and of course, *how* you can play your part in resolving them.

When you help a client with their biomechanical problems, and they feel improvements happening, *very powerful word-of-mouth* begins to take place that will grow your business. This enhances your reputation as a trainer with a deeper knowledge of how the body actually works, and helps to develop your confidence and credibility in new ways that compliment your Fitness and/or Health business.

You effectively become a part of the overall 'Rehab Team' that includes, at the other end of the spectrum, the elite Physiotherapist or Chiropractor.

4. How easy is it to apply these concepts to my clients?

It is surprisingly easy to learn and apply our REHAB concepts to almost every client. Observe a client's specific functional movements to see if they have signs of muscle imbalance (this is termed 'Evaluation of Functional Movement'), then begin to carry out your new skills, for the purpose of gradually correcting it at the brain right through to the muscle fibre level.

If you are motivated and passionate to help clients with their niggling injuries and body problems, then Rehab Trainer ONLINE will transform your business!

5. Is Rehab ONLINE the same as Rehab Express?

Not quite – Rehab ONLINE has about 20% more content than the face-to-face Rehab Express course. This includes a heap of extra cutting-edge knowledge around what causes injuries, the dangers of asymmetry, how to perform simple risk assessment tests, and a comprehensive range of video resources.

6. What qualification do I receive once I finish the course?

While you don't receive an official qualification, you may receive professional development points from certain official fitness bodies. You will receive a color certificate to print out once you complete a small assessment (not too hard I promise!), and you will have given your injury management work and business an incredible boost. It is all about obtaining new skills and being engaged and effective with injuries for your community.

7. How long does it take to complete Rehab ONLINE?

This will vary for each person, but if you dedicate regular time to the course it could take up to 10 hours – this is a guesstimate of course!

This includes reviewing the theory content, practical application and a short knowledge check.

8. Do I receive equipment to apply the skills I learn in Rehab ONLINE?

Absolutely! You receive the Posture pro, REHAB Dowel, and Orange Theraband which arrives within 3-10 working days (depending on how far away from Australia you live) so you can begin to apply your new skills as soon as possible.

9. How is the course content presented?

The theoretical concepts are delivered using voice-over power point technology so it's just like being in a classroom. We have also included a range of videos that show you how to apply the concepts covered.

You will also have an opportunity to interact with your online peers through discussion forums and other interactive tools that will help you to reinforce your learning.

10. How much video footage is provided?

There is about 2 hours of video to watch, spread over many different sections, so you can truly understand the R+E+H+A+B skillset.

11. Is there any support for my learning once I have enrolled?

Absolutely! You will have email access to several REHAB qualified practitioners who will respond to all course queries within 24 hours. You also have open access to a community of fellow REHAB students via the online discussion forums. As you engage with others and their questions and experiences, it will allow you to collaborate with other Trainers and Therapists and benefit from peer to peer learning.

12. Are there any refunds?

No, because once you have enrolled you have full access to the Rehab ONLINE course immediately, and we have activated your postage and handling so your equipment reaches you ASAP! But there is no rush to complete it either as you have unlimited access to the program.

13. Are there any group discounts?

We can offer a 30% discount for groups of 5 or more, as long as everyone in the group signs up individually within 24 hours of each other and is declared from the outset as a group. All equipment can then be posted together.

14. Are discounts available for those who have completed Rehab ONLINE?

If you have registered and paid for Rehab ONLINE, you may receive the following discounts upon registering for Rehab Express (face to face), Rehab Trainer Essentials, or Rehab Practitioner:

- i) receive a 5% discount for any one of the three (3) Rehab Trainer courses above, and
- ii) receive an extra 5% discount if you bring the equipment you received from Rehab ONLINE. A total of 10% off the future face to face course!

15. What other courses do you offer, and how do they compare to Rehab ONLINE?

Refer to www.rehabtrainer.com.au for a full list of our five face to face courses. This will help you to understand the differences between our courses and who they apply to.

Rehab ONLINE is an excellent and cost-effective way to be introduced to our REHAB content so you can start correcting clients' movement patterns and reduce injury and pain.

Afterwards, we highly recommend the 3-day Rehab Trainer Essentials Certification which empowers you to fully operate as a Rehab Trainer.

16. So why should I do Rehab ONLINE?

Get a real taste of our quality in education without having to travel to a face to face course! We are showcasing our work through our one-and-only eLearning product and we know you won't be disappointed. You will experience how empowering the knowledge associated with the correction of Muscle Imbalances is to your Fitness or Health Profession. It is guaranteed to take you to new levels of effectiveness and confidence!



REHAB TRAINER

REDUCE PAIN PREVENT INJURY