

Rick Olderman MSPT, CPT

Rick is a sports and orthopedic physical therapist, personal trainer, Pilates instructor, speaker, and author of the the best-selling Fixing You® series (www.FixingYou.net). He has been a physical therapist for 15 years and specializes in helping people with chronic pain and recurring injuries. This clinic will be held at his physical therapy practice.

Registration Form

Dates: Saturday and Sunday, October 12, 13 2013

8:30am-5pm

Cost: \$299/person

\$270/person if signing up 2+ people at once. Must be included in same order.

Check \$_____ (made payable to Rick Olderman)

PayPal: Rick@FixingYou.net

Name_____

Address_____

City_____ State_____ Zip_____

Email_____

Location (space is limited): Body in Balance Physical Therapy clinic, 3919 Tennyson St., Denver, CO 80212

CEU's: Information in this course has been previously accepted for CEU's however participants will need to petition for credit.

Return Registration Form to:

Rick Olderman
3919 Tennyson St, Denver, CO 80212
or fax to (303) 477-5302

Recommended Reading (www.FixingYou.net):

Fixing You: Back Pain
Fixing You: Neck Pain & Headaches
Fixing You: Shoulder & Elbow Pain
Fixing You: Hip & Knee Pain

For more information contact: Rick@FixingYou.net

Fixing You: Back Pain

A Hands-on Clinic for Health, Fitness,
and Wellness Professionals

When:

Saturday and Sunday, October 12 & 13, 2013

Where:

Body In Balance Physical Therapy Clinic
3919 Tennyson St.
Denver, CO 80212
303-477-5303

Cost:

\$299/person
\$270/person with 2+ people signing up together
Please sign up before 9/30/13

Presented by:

Rick Olderman MSPT, CPT

Get to the roots of chronic pain and injuries

Schedule

Fixing You: Back Pain

Day 1

- 8:30-9:00 Registration
- 9:00-9:45 Overview of the Nervous System
- 9:45-10:30 Fascia & SNS
- 10:30-10:45 Break
- 10:45-12:00 The Pelvis
- 12:00-1:00 Lunch (provided by bang!)
- 1:00- 2:00 The Rib Cage
- 2:00-2:15 Break
- 2:15-4:30 Extension Problems
- 4:30-5:00 Discussion

Day 2

- 8:30-9:00 Registration
- 9:00-9:45 Movement Practice
- 9:45-10:30 Review & Questions
- 10:30-11:15 Flexion Problems
- 11:15-11:30 Break
- 11:30-12:00 Lab: Assessing Flexion Problems
- 12:00-1:00 Lunch (provided by bang!)
- 1:00-2:00 Gait and LBP
- 2:00-2:15 Break

Anatomy

Fixing pain involves understanding the relationship between anatomy and movement.

In this clinic you will learn:

Basic anatomy of the spine, pelvis, and rib cage as it relates to back pain.

How to find key landmarks and tests to understand the forces acting on the spine and pelvis which create pain.

Biomechanics

Ultimately improving movement is the key to becoming painfree.

You will also learn:

- Two fundamental patterns of posture behind almost all back pain and how to correct them.
- How to assess and correct problems with gait training, sitting, and bending.
- Corrective exercises to fix these problems.
- How the brain generates these patterns of movement and how to correct them using simple but effective means.
- Modifications to painful daily habits based on the type of posture pattern causing pain.
- Much more!