

Physiotherapy Coaching Academy Australia

www.physiocoachingacademy.com
Sydney: Australia

Neurofitness & Neuroathletics

Presented by Francine St George

This course covers the importance of assessing balance using cognitive tests to assist in identifying the driver of any musculoskeletal pain. The fun skills, drills and exercises you will learn are easy to do and are excellent to integrate into your current rehab and exercise programmes. Clients will be keen to do their exercises regularly, show you that they have, and enjoy having a way of measuring and knowing that they are improving. The exercises and skills learnt in this course are suitable for clients of any fitness level.



Half day Workshop

(Saturday: 1 pm to 6 pm)

1:00 – 2:00	Theory: Integrating neural and muscular anatomy with balance to identify drivers of pain
2:00 - 3:00	Practical: Using COR & VOR to assess balance and strengthen stability muscles
3:00 – 4:00	Practical: Using Cognitive skills and drills to improve functional stability and strength
4:00 – 4:30	Break
4:30 – 6:00	Integrating Neurofitness skills to treat back pain, improve recreational sporting agility or athletic performance

All courses are held at The Physiotherapy Posture Fitness Clinic, Syd

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