Functional Spine and Pelvis

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Summary

How Confident Do You Feel When Presented With Spine Or Pelvis Problems?

As a movement professional, you know exactly how complex issues originating from a patient's spine or pelvis can be. Have you ever felt you could have approached assessment and treatment differently?

If the time is right to bring your functional knowledge and practical skills around spinal and pelvic treatment up to date, Thirst 4 Function's course can help. Our Functional Spine and Pelvis course looks at the biomechanics, movement and integration of the spine and pelvis. It is 14 hours of CPD over two days, endorsed by The Gray Institute.

The focus is on helping you develop best practice assessment, treatment, rehab and communication strategies to benefit your patients and your practice. Be totally confident that you can give each patient the most relevant, up-to-date, and effective treatment every single time. Your space on our Spine and Pelvis course is waiting.

What Is The Thirst 4 Function Spine And Pelvis Course?

This course is designed and delivered by functional movement experts and endorsed by The Gray Institute. We take a practical and functional look at the spine and pelvis, helping you develop the best practical strategies for your patients and your business.

You'll go back to your practice with updated skills and knowledge, and a refreshed approach to functional assessment, treatment, rehabilitation and exercise prescription.

We look at physical, biological, biomechanical and even behavioural science and research. The focus is on making you a more effective practitioner at every stage of patient interaction. Our courses are very specific. This course focuses solely how to address local dysfunction at the spine and pelvis and its impact on the kinetic chain.

Who Is It For?

Our movement and function specialists and professional education experts know that generic movement courses simply can't go into enough depth. We also recognise that classroom-style courses don't give an opportunity for practical learning. That's why our courses are small, focused, and interactive, for a style of learning which sticks.

This course is popular with physiotherapists, osteopaths, sport rehabilitates, sport therapists, personal trainers and other movement professionals who work with patients in their teens to the elderly, and from office workers to elite athletes.

Exactly What You Will Take Away:

- The 10 key observational essentials of human movement
- A thorough understanding of spinal biomechanics
- How each individual's anatomy influences their function
- Assessment strategies specific to your patients and their tasks and movements
- Best-practice hands on active treatment techniques
- Soft-skills including communication strategies and body language
- The best ways to develop and prescribe functional exercise and homework

What Makes Us Different?

With us, you'll learn from scientific research, case studies and principles, but we won't make you endure classroom-style learning. In fact, we know that small-group settings, interactive sessions, and practical courses deliver best value.

Interaction isn't just encouraged, it's crucial to how you learn. We start each day with a workout session which uses the principles we'll be looking at that day. And the interaction continues after the course, with lifetime access to our professionals Facebook group.

You'll get the latest information and research, best practice assessment and treatment strategies, and soft skills which will really make a difference when you go back to work. It's all designed to make you a more confident and effective practitioner, who is the go-to person in your area, liked and trusted by patients who then refer even more business to you.

Thirsty 4 more already?

Complete Thirst's functional series consisting of the Lower Extremity, Spine & Pelvis and the Upper extremity and you'll get a preferential rate. Contact melissa@thirst4function.com for more details.

And we hope you'll love these extras:

- A nutritious lunch and smoothies, made on site by our in-house nutritionist.
- A follow-up call with one of your course leaders, to fine-tune how you are getting the most value from what you learned on the course.
- Lifetime access to our members-only Facebook group, where you can share and interact with other movement professionals across sport, fitness and rehab.

Objectives

Preparation

No pre-course preparation required

Day 1
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<th>Activity</th>
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Day 2

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