

COURSE TITLE/LOCATION/ **An Introduction to Active Rehabilitation**
DATE OF COURSE Internet Based Course

WEBSITE www.dchours.com

NUMBER OF CREDITS/HOURS 2-HOURS

INSTRUCTOR Guy Annunziata, DC

METHOD OF CERTIFICATION Online Monitoring Software

DETAILED SYLLABUS See attached

SPONSOR OF THE PROGRAM

DC Hours.com

Course Syllabus

An Introduction to Active Rehabilitation

COURSE OBJECTIVE

This course is designed to instruct physicians on the basic principles of active rehabilitation. It will include a discussion on how to demonstrate medical necessity for active rehabilitation, how to perform physical capacity tests, how to prescribe specific exercises related to the patient's ability to perform those tests, neuromuscular re-education, stretching and postural correction exercises

COURSE OUTLINE

HOUR 1

- Defining Active Rehabilitation
- Physical Capacity Tests
- Core Strengthening Exercises

COURSE OUTLINE

HOUR 2

- Neuromuscular Reeducation
- Stretches
- Postural Correction Exercises