

Load Progressions and the Rehabilitation Continuum

Instructor: Tom Teter, DC



This webinar is designed to teach participants the systematic approach to bridging the gap between rehabilitation and fitness and how to create a concurrent process for rehabilitation utilizing a systematic model.

The rehabilitation and training processes share similar goals during the strategic application of load to the biological organism. Learn the principles of how to rehabilitate patients under your care, as well as specifically what to do with patients who are finished with rehabilitation, but not necessarily discharged from treatment.

Learning Outcomes:

At the conclusion of the program, participants will be able to:

1. Participants will learn how to utilize a systematic approach to bridging the gap between rehabilitation and fitness.
2. Participants will learn the 3 parts of the rehabilitation process, the stages of the rehabilitation continuum and specific interventions within each stage of care.
3. Participants will learn the universal truths that govern rehabilitation and training and how to use elicit specific adaptation through the strategic application of load.

Course Schedule/Outline:

Module 1: How to Use this Course

Informational Video, NOT for CE Credit

0:54 minutes

Module 2: Load Progressions and the Rehabilitation Continuum

Video: Replay of Live Webinar - Load Progressions and
the Rehabilitation Continuum

63:35 minutes

TIME TRACKING/ACCREDITATION

Final Course Quiz - This quiz offers 5 multiple-choice questions. Students must receive a passing score of 70% in order to successfully complete the course. All videos are required to be completed at 100% in order to advance to the final course quiz. Our LMS provides detailed tracking of all activity.