Kaiser Sports Fellowship Community Course **January 11th, 2020**

Weightlifting and Physical Therapy:
An overview on biomechanics and rehabilitation considerations for working with strength athletes

Course Outline

8:00-8:15   Introductions and objectives

8:15 - 8:45   Difference between powerlifting, Olympic weight lifting, CrossFit, and strength training

8:45 – 9:45   Squat *

9:45 - 10:45 Bench & Overhead Press *

10:45 - 11   Break

11 – 12:00   Deadlift and hinge patterns *

12 – 1:00   Lunch

1 – 3:00   Olympic Lifts: Snatch, Clean, and Jerk *

3 – 4:00   At Home modifications: strength training using household items *

4 – 4:30   Recap and questions

*Lab Component   **CEU's: .715, Contact hours 7.15**

Location:

West Los Angeles Medical Center
6041 Cadillac Ave | Los Angeles, CA 90034

For further questions please contact:

Jason Tonley
(323) 857-2458 | Jason.C.Tonley@kp.org

Weightlifting and Physical Therapy: An Overview on Biomechanics and Rehabilitation Considerations for Working with Strength Athletes

January 11th, 2020

Registration Form

Name: _____

Circle Title: PT, OT, PTA, COTA, Student (students may enroll if there is availability)

Kaiser Location and Medical Center: _____

Kaiser Address: _____

(Cell or Home) Phone:(_____)_____

(W):Tie line:_____

Kaiser e-mail address only:_____

Please note that everyone must submit a check for the cost of the course to reserve their seat

No refunds are available for this course unless your spot in this class has been re-assigned or filled via another participant. We have the right to cancel the course 72 hours in advance if there is not enough participation.

There will be a **non-refundable** fee of **$ 25**

Make check payable to **KAISER PERMANENTE**.

CHECKS MUST BE POST-DATED FOR JAN 11TH, 2020

One registration form and check per registrant (do not send in a check for multiple registrants)

Do not send through inter-office mail, use postal mail. **No Walk-ins!**

Deadline for registration is

Send registration form and check to:

Kaiser Permanente West Los Angeles, P.T. Dept.

ATTN: Jason Tonley PT

6041 Cadillac Ave.

LA, CA 90034