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 weightlifting, 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:

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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