

UNDERSTANDING MUSCULOSKELETAL ANATOMY FOR EXERCISE PRESCRIPTION

Presented by: **Dawson Kidgell** (Lecturer – Deakin University)

The purpose of this workshop is to provide an overview of the functional human anatomy and its application to exercise prescription for musculoskeletal pathology. The workshop will cover the gross and functional anatomy of the major joints including the shoulder, lumbo-pelvic, hip, knee and ankle regions with an emphasis on understanding and applying the principle of the kinetic chain to prescribe safe; effective and targeted exercise prescription. Practical application of functional anatomy will be addressed through static and dynamic postural assessment of the shoulder, lumbo-pelvic, hip, knee and ankle regions to help identify insufficiencies in the kinetic chain. Postural assessments will include Trendelenburg sign of hip instability, thoracic extension, lower abdominal coordination and lumbo-pelvic rhythm. Therefore this workshop will explore the concepts of functional anatomy underpinning deficits in the kinetic chain and help identify musculoskeletal insufficiencies that will assist the rehabilitation specialist in prescribing appropriate targeted exercise prescription.

Dawson Kidgell is a lecturer in Musculoskeletal Anatomy and Exercise Programming in the School of Exercise and Nutrition Sciences at Deakin University. He has over 3 years experience working in Private Practice specifically in exercise rehabilitation. Dawson also has extensive experience working with elite sporting teams and secondary school sports teams including; Exercise rehabilitation consultant to Carlton FC (2005-2008), Western Bulldogs/Werribee (2002-2004), Eastern Ranges (2000-2010), Australian Karate Federation (2008-), Melbourne International Tennis School (1998-2001), director of strength and conditioning Box Hill Secondary College Sports Program (1997-2001).

Location: Mercure Hotel Ballarat – 19th June 2010

Time: 9:00am - 4:00pm

CEP: 6

Cost: \$200 for financial ESSA members
\$95 for Student members
\$300 non members
\$130 non student members

Places are limited, register early to avoid disappointment

**Registration Form for
Exercise Prescription Workshop**

NAME: _____ ESSA ID _____

ADDRESS: _____

PHONE: _____ email: _____

	Price – please circle
Member	\$200.00
Non Member	\$300.00
Student Member	\$95.00
Student Non-Member	\$130.00

Registration fee includes: Morning tea, Lunch & Afternoon tea.

This course is awarded 6 ESSA Continuing Education Points

Cancellation Policy:

You may cancel your registration without penalty or obligation by submitting to ESSA a signed and dated written notice post marked 10 working days prior to the date of your states workshop. After this date, due to the nature of this program, payment of 25% of the full non-member fee will be charged to cover expenses, including lost revenue. Cancellations made within three days of the workshop will not be refunded. If you are unable to attend for any reason you may have someone substitute for you – just call the ESSA office prior to the event on (07) 3856 5622 to advice of the change.

If insufficient registrations are reached ESSA have the right to cancel this workshop and full re-funds will be given. ESSA will take no responsibility for any additional costs incurred to the registrant.

Payment can be made by credit card by filling in the details below or by forwarding a cheque or money order to the ESSA office: PO Box 123, Red Hill Q 4059

OR fax to (07) 3856 5688

CREDIT CARD PAYMENT SLIP (Please PRINT all details)

Please debit the following account in the amount of \$ _____

Circle Cheque Visa Card MasterCard

Card number _____ / _____ / _____ / _____

Expires: ____ / ____

Name of Cardholder _____

Signature: _____

Registrations due 2 weeks before the course date
Confirmations will be emailed after registrations close