

Please check which 2-Day Seminar you wish to attend.

- LOS ANGELES** - February 20-21, 2009
Los Angeles Convention Center, Los Angeles, CA
- NEW JERSEY** - March 27-28, 2009
Sheraton Mahwah Hotel, Mahwah, NJ
- ORLANDO** - April 10-11, 2009
OC Convention Center, Orlando, FL
- INDIANAPOLIS** - July 17-18, 2009
Crowne Plaza Hotel, Indianapolis, IN
- BOSTON** - August 14-15, 2009
Reggie Lewis Athletic Center, Boston, MA

For more details, including directions and hotel information call 800-556-7464 or visit our website at performbetter.com/seminars

Make check payable to: **Perform Better Seminars**
Mail to: Perform Better, P.O. Box 8090, Cranston, RI 02920-0090
Cancellation Policy: Full refund if cancellation is received 14 days prior to event.

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REGISTRATION FORM CORE TRAINING SYSTEMS



2009 SCHEDULE 2-DAY SEMINARS

DAY 1

- 9:30-10:30 **Registration & Check In**
- 10:30-10:45 **Welcome/Introduction**
- 10:45-12:00 **Philosophy/Background of Functional Movement Screen**
- 12:00-1:00 **Lunch**
- 1:00-2:30 **The Functional Movement Screen**
 - Discussion of Each Tests
 - Description of Why Each Test Is Important
 - Relating Each Test to Scores
- 2:30-3:15 **Scoring the Seven Tests**
 - Demonstration of Each Test
 - Discussion of Equipment
 - Description of Testing Procedure
- 3:15-3:30 **Break - Prepare for Lab**
- 3:30-4:45 **Lab: Scoring Check-Off/Analysis/Collecting Data**
 - Group Interaction with Everyone Performing Tests
 - Groups Discussing Scores and Determining Their Individual Weaknesses
- 4:45-5:00 **Question/Answer Session**

DAY 2

- 8:00-8:15 **Question/Answer**
- 8:15-10:15 **Demonstration of Exercise Progressions in Manual (Self Stretches and Tubing Work First Powerpoint Handout)**
 - Link FMS Scores of Each Test to Corrective Exercise Progressions
- 10:15-10:30 **Break**
- 10:30-12:00 **Exercise Philosophy Bars and Bands**
 - Presentation on Corrective Exercise Progressions
- 12:00-1:00 **Lunch**
- 1:00-2:30 **Lab: Break into Groups and Perform Exercise Corrections in Manual**
 - Each Group Discuss a Case: Work Through Correction
 - Problem Solving and Exercise Recommendations for Specific Scores
 - Lead Groups Through Exercises in Manual, Mainly Self-Stretching and Tubing Exercises
- 2:30-3:00 **Question/Answer Session**
 - Discuss How to Utilize the Model in Different Settings
 - Describing Data Collection and On-going Research

Core Seminar Schedule May Be Changed Due to Emergency



PERFORM BETTER
P.O. Box 8090
Cranston, RI 02920
Call Toll-Free
800-556-7464

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Registration Is Limited

PERFORM BETTER!
presents the



2-DAY SEMINAR
featuring the

Functional Movement Screen



ONLY \$349

with **Gray Cook** and **Lee Burton**

Benefits of Attending:

- Improve functional and athletic performance
- Reduce the potential of training and sports injuries
- Identify physical imbalances or weaknesses and strengthen them with simple corrective exercises
- Teach the difference between movement quality and movement quantity
- Help identify potential cause and effect relationships of micro trauma as well as chronic injuries in relation to movement asymmetries
- Identify current injury trends and stats as they relate to the prevention of non-contact injuries

Los Angeles • New Jersey • Orlando • Indianapolis • Boston

2009 FUNCTIONAL MOVEMENT SCREEN SEMINARS

2-DAY SEMINAR FEATURING THE FUNCTIONAL MOVEMENT SCREEN

Registration is Limited

4 EASY WAYS TO REGISTER:

1. Complete attached form and FAX to:
800-682-6950
2. MAIL completed form to:
Perform Better
P.O. Box 8090, Cranston, RI 02920-0090
3. Register by PHONE at: **800-556-7464**
4. Register ON-LINE at:
performbetter.com/seminars
Only **\$349** Pre-Register
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GRAY COOK – MSPT, OCS, CSCS

- Owner of Gray Cook Physical Therapy
- Rehabilitation and Condition Specialist & Assistant Professor at Averett University
- Lectures nationally and internationally in the fields of physical therapy, sports medicine and performance enhancement
- Consultant for many universities and pro sports teams in all four major sports
- Board Certified Orthopedic Clinical Specialist with American Physical Therapy Association
- Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association
- Level 1 coach with US Weight Lifting Federation
- Practices physical therapy in Virginia and continues to publish in all areas relating to rehab and exercise



LEE BURTON – PHD, ATC, CSCS

- Doctorate degree in Curriculum & Instruction from Virginia Tech
- Masters Degree in Education with emphasis on Athletic Training from Old Dominion University
- Bachelor's degree in Athletic Training from Appalachian State University
- Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association
- Certification of Athletic Training from the National Athletic Trainers Association
- Articles published in numerous journals relating to functional application for treatment of athletic injuries
- Currently Program Director for Athletic Training at Averett University



Core Training Systems is the product of years of research and innovation. This System develops exercise programs based on individual movement patterns. It is equally effective in rehabilitation as well as conditioning because it targets the weak link. The System is made up of:

- Functional Movement Screen
- Core Training
- Reactive Neuromuscular Training

Specifically, the **Functional Movement Screen** is a grading system created to assess and document functional movement patterns. By assessing these patterns, functional limitations and asymmetries are readily identified. Basic movement pattern limitations can reduce the effects of functional training and distort proprioception. The goal of this workshop is to introduce you and your staff to the benefits of utilizing this orthopedic screening process since functional movement patterns are the base for Core Training. At the heart of the system is the Functional Movement Screen score and the movement patterns, which are directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Core Training involves techniques which are designed to improve the efficiency of how the core maintains stability and assists in transferring and generating power. The foundation for this type of training is to improve movement pattern weakness and asymmetry through a series of corrective strategies then progressing to higher level activities.

Reactive Neuromuscular Training (RNT) is a series of techniques that combine skill Training and Conditioning to effectively enhance the body's hierarchy of motor learning and Neuromuscular input. These techniques are designed to limit the verbal and visual methods of teaching movement by forcing the individual to react to a stimulus in order to self-correct poor movements.

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CEU's available



“FMS is to my mind the single most important fitness assessment tool available. Although the screen is simple to learn, administer and score -- it provides a wealth of detailed, sophisticated and actionable information.”

Geralyn Coopersmith, MA, CSCS
Senior National Manager, EFTI
Equinox

“The FMS developed by Gray & Lee is a simple yet effective way to evaluate your patient/client's basic human movement skills and serves as an excellent foundation for a corrective exercise program.”

Joe Eischen, PT
Mayo Clinic
Rochester, MN



“The FMS is the most critical element in our Performance and Rehabilitation Systems. We use it with every player on our team before working him out. It provides a current baseline of his fundamental movement patterns and provides us a starting point to improve these patterns. Now our individualized workouts are built around the needs of each athlete, as opposed to plugging an athlete into a program that may not fit all their needs.”

Jeff Fish
Director of Athletic Performance
Atlanta Falcons