

**DYNAMIC STRETCHING: THE MISSING LINK TO FITNESS, ATHLETIC PERFORMANCE, INJURY PREVENTION, & REHABILITATION**

Please select a date & location:  EVANSVILLE - Apr 20  CAPE GIRARDEAU - Apr 21  ST LOUIS - Apr 22

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# Dynamic Stretching

*The Missing Link to Fitness, Athletic Performance, Injury Prevention, & Rehabilitation*



## The Groundbreaking Warm-up Routine to Enhance the Musculoskeletal System

STOP doing static stretching before? Stretching is an effective and efficient part of a warm-up routine before and after physical exertion and sports performance to deliberately elongate and improve the elasticity within the musculotendinous junction. As a result, parents, coaches, sports scientists, and medical professionals have ingrained stretching into the hearts of athletes, clients, and patients of all ages for decades. However, the type of stretching best suited to enhance fitness levels, athletic execution, and realign chronic scar tissue has been in question for the past several years. The optimum stretching method for any client is a dynamic warm-up/stretching regimen. Traditional static stretching routines should be performed at the cool-down phase of training or exercise only! For many athletes, clients, and patients, whether they are stretching for personal fitness goals, competition, or knee rehabilitation, their top priority is to use the best possible warm-up routine to create an even greater fitness level, competitive edge, or rehabilitation plan while decreasing the likelihood of injury.

Rehabilitating patients and training clients and athletes requires a complete understanding of a variety of stretching regimens and protocols specifically for any physical exertion. This 1-day seminar provides the opportunity to develop effective strategies to teach dynamic stretching drills to increase soft tissues contractibility and facilitation, tendon and ligament activation, joint range of movement, core body temperature, mental preparation, and stimulate the neuromuscular system and motor ability to function dynamically. Course participants will explore the benefits of dynamic stretching techniques and specific regimens for the upper and lower extremities to increase rate of muscle twitch, mobility, strength, and stability, hence preventing musculoskeletal injuries and implementing into the stages of the healing process. Through multiple hands-on lab sessions, interactive lecture, and multimedia technology, this class provides attendees with a solid grasp of "who and how-to" for utilizing active stretching protocols creatively when faced with any population for the enhancement of fitness, performance, injury prevention, or rehabilitation. The instructor's enthusiasm and passion for the content is truly infectious, so attendees leave with not only practical approaches and new techniques to implement immediately, but also an optimistic, fresh approach to stretching and soft tissue enhancement.

### Course Director

**DARRELL LOCKET, MAT, ATC/L, LMT, CSCS, NSCA-CPT, GT Provider**, is a Licensed Athletic Trainer and Massage Therapist, Certified Strength and Conditioning Specialist, Certified Personal Trainer, and trained in Therapeutic Kinesiology Taping Method and the Graston Technique® with over a decade of experience rehabilitating, strength training, and conditioning athletes for a variety of musculoskeletal injuries. Mr. Locket is the Owner/Director of ABz-Solute, LLC, "The Musculoskeletal Specialist," in Jacksonville, Florida. He previously served as the Strength and Conditioning Coordinator and/or Head Athletic Trainer for Lincoln University of Pennsylvania where the Men's and Women's Track and Field Teams have combined for 17 NCAA Division III National Championships.

Mr. Locket completed his Bachelor of Science and Master of Arts in Teaching degrees in Physical Education with an emphasis in Sports Medicine from the University of West Alabama. He also attended the Utah College of Massage Therapy to expand his overall knowledge of bodywork therapy and holistic approaches to healing. In addition, Mr. Locket holds certifications and/or memberships as an Athletic Trainer, Certified from the National Athletic Trainers' Association; a Certified Strength and Conditioning Specialist and Certified Personal Trainer from the National Strength and Conditioning Association; a Graston Technique® Provider; and a PerformTex™ Kinesiology Taping Provider. Mr. Locket's unique combination of education, experience, and passion translates into highly innovative and effective rehabilitation solutions.

*Includes additional hands-on manual therapy and PNF techniques*



- ◆ Examine kinesiology of dynamic stretching and warm-up
- ◆ Discover how to use dynamic stretching to increase speed, endurance, power, coordination, and range of motion
- ◆ Identify appropriate populations and how to utilize dynamic stretching to reduce injuries and rehabilitate through neuromuscular re-education
- ◆ Apply protocols for various populations including fitness, geriatric, sports-specific, and rehabilitation clients in hands-on lab



**Evansville, IN - Apr 20**  
**Cape Girardeau, MO - Apr 21**  
**St Louis, MO - Apr 22**

**Up to 6 CE hours available\***  
*\*Depending on profession. See details inside.*



Cross Country Education is a nonprofit organization owned by PESt, Inc., a 501(c)(3) 3839 White Ave, Eau Claire, WI 54703-0542





# REGISTER NOW!

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## COURSE CONTENT

### INTRODUCTION & SCIENCE BEHIND DYNAMIC

#### STRETCHING

- ◆ Proprioception
- ◆ Kinesthesia
- ◆ Conscious and unconscious awareness
- ◆ Active range of motion
- ◆ Flexibility
- ◆ Stretching

### BENEFITS OF DYNAMIC STRETCHING

- ◆ Muscular system
- ◆ Skeletal system
- ◆ Nervous system
- ◆ Mental preparation

### TYPES OF FLEXIBILITY & STRETCHING

- ◆ Types of flexibility receptors
  - Static receptors
  - Dynamic receptors
- ◆ Types of stretching
  - Dynamic
  - Static
  - Ballistic

### IMPROVING PERFORMANCE & REDUCING INJURIES

- ◆ Specific for all levels
- ◆ Speed
- ◆ Endurance
- ◆ Plyometric
- ◆ Isotonic and isometric contractions

### APPROPRIATE MOVEMENT FOR PHYSICAL FITNESS, SPORTS, & INJURY REHABILITATION PROTOCOLS

- ◆ Power
- ◆ Endurance
- ◆ Coordination
- ◆ Range of motion
- ◆ Neuromuscular re-education
- ◆ Scar tissue

### COMBINING DYNAMIC STRETCHING & PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF) STRETCHING

- ◆ Performance enhancement
- ◆ Sports massage
- ◆ Injury prevention and rehabilitation

### HANDS-ON LAB: FITNESS & GERIATRIC POPULATION PROTOCOLS

### HANDS-ON LAB: UPPER & LOWER EXTREMITY FOR SPORTS-SPECIFIC PROTOCOLS

### HANDS-ON LAB: SPORTS MASSAGE PROTOCOLS

### HANDS-ON LAB: THERAPEUTIC EXERCISES PROTOCOLS FOR THE PHYSICAL THERAPIST

## Dates & Location

### EVANSVILLE - Apr 20, 2016

Holiday Inn Evansville  
7101 Hwy 41 N, Evansville, IN 47725  
812-867-7999

### CAPE GIRARDEAU - Apr 21, 2016

Hampton Inn Cape Girardeau 1-55 East  
207 S Mount Auburn Rd, Cape Girardeau, MO 63703  
573-334-4499

### ST LOUIS - Apr 22, 2016

DoubleTree by Hilton Hotel and Conference Center  
16625 Swingley Ridge Rd, Chesterfield, MO 63017  
636-532-5000

## SEMINAR SCHEDULE

**Registration:** 7:30 a.m. (coffee & tea provided)  
**Seminar Begins:** 8:00 a.m.  
**Lunch Break:** 1 hour (on your own)  
**Seminar Ends:** 3:30 p.m.

### Arriving late or leaving early?

Please see "Amended Certificate" information under CONTINUING EDUCATION CREDIT section of this brochure.

## What You Will Learn

- Compare static, ballistic, and dynamic stretching modalities
- Identify limitations of static stretching
- Discuss physiology and impact of stretching on the muscular, skeletal, and nervous systems
- Identify how to combine dynamic stretching with PNF
- Develop individualized programs for special populations such as geriatrics, athletes, rehabilitation clients, and fitness enthusiasts

## Who Should Attend

- Certified Strength and Conditioning Specialists
- Personal Trainers
- Exercise Physiologists
- Athletic Trainers
- Group Fitness Leaders
- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Rehab Managers
- Massage Therapists

## What You Should Bring

Please wear loose, comfortable clothing and running/athletic shoes for the lab portion of the seminar. Attendees are encouraged to bring a massage table (optional).



## Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add [customerservice@crosscountryeducation.com](mailto:customerservice@crosscountryeducation.com) to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

## Our Guarantee

If you are not satisfied after participating in one of our programs, please let us know in writing within seven days and we will issue a credit voucher for you or anyone in your facility to use toward another seminar, audio, video, or online product. Returned audio and video products/materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.



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## CONTINUING EDUCATION CREDIT

If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.

**Athletic Trainers:** Cross Country Education is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.



**Certified Strength and Conditioning Specialists/ Certified Personal Trainers:** NSCA approved 0.6 CEUs for certificants attending this event. Aprvl# D1035.



While participation has been approved for CEUs, approval does not allow participants to apply information outside of NSCA certificants' scope of practice.

**Exercise Physiologists:** The American College of Sports Medicine's Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2013-December 31, 2016). Providership # 650699. This Continuing Education offering meets the criteria for 6 credit hours of ACSM Continuing Education Credit.



**Massage Therapists:** Cross Country Education, LLC is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #450123-06. This course is offered for 6 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.



**Occupational Therapists, Occupational Therapy Assistants:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 1: Domain of OT, 2: Occupational Therapy Process.



**Physical Therapists, Physical Therapist Assistants:**  
**Illinois:** The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the Illinois Physical Therapy Association. This course is approved for 6 Credit Hours. IPTA Approval #75-6034. This course content is not intended for use by any participants outside the scope of their license or regulation.  
**Indiana:** This meets the IN-PT approval under 844 IAC 6-8-5 Approved Organizations #9, please contact IN Board or Association if you have questions.  
**Kentucky:** This program has been submitted to the Kentucky Physical Therapy Association for approval of 6 contact hours.

**Other Professions:** This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Certificates, Educational Offering Completion Requirements:** Certificates will be awarded upon receipt of payment and successful completion of the educational offering and evaluation form.

**Amended Certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.