

# REVOLUTIONARY YOGA REHABILITATION

Please select a date & location:

COLUMBUS - July 28

CINCINNATI - July 29

INDIANAPOLIS - July 30

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Single Registrant .....	\$199	\$219
2 to 4** .....	\$189 ea.	\$209 ea.
5 or more** .....	\$179 ea.	\$199 ea.

\*Registrations received 10 days prior to seminar date.

\*\*Price per person when registering at the same time.

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## PAYMENT INFORMATION

# of Registrants

Total \$ \_\_\_\_\_

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Purchase Orders accepted for Live Seminars only

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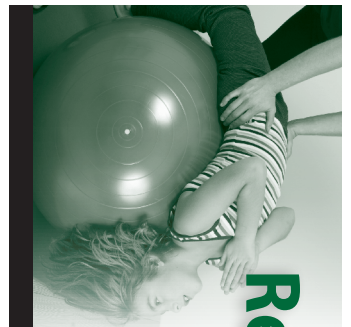
Indianapolis, IN - July 30

Cincinnati, OH - July 29

Columbus, OH - July 28

- ♦ Evaluate research-based breathing techniques for pulmonary, pain, and anxiety patients
- ♦ Apply yoga to orthopedic rehabilitation diagnoses and spine stabilization
- ♦ Achieve nervous system unity with strong, flexible, balanced muscle and fascia tissues through safe yoga exercises
- ♦ Fortify your knowledge with Pilates theory to apply to all forms of exercise
- ♦ Design treatment plans with yoga exercises in hands-on lab, and implement them immediately into practice

Reduce stress & optimize rehabilitation outcomes!



Revolutionary Yoga  
Rehabilitation

The Science of Recovery & Restoration



# Revolutionary Yoga Rehabilitation

*The Science of Recovery & Restoration*

*Reduce stress & optimize rehabilitation outcomes!*

## Yoga for the Healthcare Professional

Many yoga programs focus most of their time teaching body mechanics and neuroscience that healthcare professionals already know. This course revolutionizes your current education by taking that knowledge and focusing on where pain comes from – the mind. Science so obviously supports the connection from the mental to the physical. The true function of yoga is unity. In unifying the nervous system you solve issues such as stress, anxiety, and addiction and create flexible, balanced muscle and fascia tissues. Yoga is an antidote for mental and physical suffering; and every healthcare professional should know its basic theory and benefits.

This course will reach any clinician, regardless of skill level. Participants will be provided with the tools to help patients make a lifetime change. Dr. Byrd-Rider goes beyond the seminar for continuous assistance. Attendees will have access to a private Facebook page for additional questions and answers, new research, applications, and treatment plans to keep your newly acquired skills current.

## Course Director



**KIMBERLY BYRD-RIDER, BSHS, MPT, DPT**, is a board certified physical therapist and has worked for inpatient clinics, out-patient clinics, home health, ICU, and skilled nursing facilities. She holds a Bachelor of Science degree in Health Science and a Master's degree in Physical Therapy, both from the University of Oklahoma. She obtained her Doctorate of Physical Therapy degree from Boston University. Circling the planet with Health Volunteers Overseas and educational venues, Dr. Byrd-Rider teaches physical therapists how to use yoga to find solutions to painful diagnoses of orthopedic, cardiopulmonary, and neurological origin. With over two decades of yoga and Pilates experience and more than 12,000 yoga classes taught, Dr. Byrd-Rider is certified in Swatantrya Yoga and on all Pilates machines/mat. Dr. Byrd-Rider studied Ashtanga, Kripalu, Iyengar, Anusara, Baptiste, Swatantrya, Ana Forrest, Bikram (Hot), and many other styles of yoga. Dr. Byrd-Rider synthesizes physical therapy research with safe and innovative yoga. She is passionate about bringing comprehensive online and DVD yoga programs to healthcare professionals through her company and website, PTandYoga.com.

*I always heard about yoga and felt responsible to know more about it. When I took this course, it answered all my unanswered questions. It demystified it and made it workable in my practice. Now the other therapists are asking me for new yoga exercises to use.*

Dr. Caroline Thymes, PT  
Colorado Springs, CO

Connect with Us!



# Seminar Schedule

**7:30 AM** - Registration (*Coffee/hot tea provided*)

**8:00 AM - 3:30 PM** - Seminar

(*One-hour break for lunch on your own.*)

## Late Arrivals or Early Departures:

See "Amended Certificates" information under Continuing Education Credit.

# What You Should Bring

- Yoga mat, or large towel
- Loose, comfortable clothing

# Who Should Attend

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Certified Strength and Conditioning Specialists, Athletic Trainers, Activity Directors, and Recreational Therapists

# Dates & Locations

## COLUMBUS - July 28, 2015

Bridgewater Banquet Conference Center

10561 Sawmill Pkwy, Powell, OH 43065 614-734-9800

## CINCINNATI - July 29, 2015

Embassy Suites Hotel Northeast

4554 Lake Forest Dr, Blue Ash, OH 45242 513-733-8900

## INDIANAPOLIS - July 30, 2015

Hilton Garden Inn Downtown Indianapolis

10 East Market St, Indianapolis, IN 46204 317-955-9700

# What You Will Learn

- Evaluate basic concepts of yoga
- Apply research-based progressive yoga treatment programs to crucial body parts
- Execute and recognize yoga exercises, Pilates exercises, and breathing techniques
- Distinguish proper exercise sequencing parameters
- Articulate results of current research reports about yoga and its effects on rehabilitation

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# COURSE CONTENT

## WHAT IS YOGA FOR HEALTHCARE PROFESSIONALS?

- Reaching the client who is plateauing through yoga
- Unifying the nervous system

## WHERE DOES PAIN COME FROM?

- The mind
- Mental and physical function
- The complexity of proper breathing
- Mood altering breathing exercises
- GABA neurotransmitter

## USING YOGA TO REHABILITATE THE KNEE, HIP, & SHOULDER

- Knee rehab: yoga for post-surgery
  - o Knee injury rehab
  - o Progressive non-weight bearing to full weight bearing
  - o Progressive strengthening
  - o Yoga stretches: all muscles crossing the knee joint
  - o Balance, flexion, and extension
- Hip rehab: yoga for post-surgery
  - o Hip injury rehab
  - o Non-weight bearing to full weight bearing
  - o Progressive yoga strengthening
  - o Yoga stretches: all muscles crossing the hip joint
  - o No adduction and no flexion: 90 degrees
- Shoulder rehab: yoga exercises for post-surgery
  - o Shoulder injury rehab
  - o Non-weight bearing to full weight bearing
  - o Passive to active
  - o Progressive strengthening
  - o Yoga stretches: all muscles crossing the shoulder joint
- Lab exercise: yoga exercises biomechanics of knee, hip, and shoulder

## ORTHOPEDIC REHABILITATION & APPLICATION TO THE SPINE

- Disc herniation and osteoporosis
- Solutions for strengthening and stretching of psoas/hamstrings/quads/abdominals/multifidi/hip rotators/neck muscles/feet muscles-arches/spinal muscles/shoulder girdle
  - o Light self-traction, extension
  - o Side bending yoga
- Osteoarthritis, muscle strain, and spinal weakness
  - o Gentle overall strengthening and stretching: psoas/hamstrings/abdominals/multifidi/hip rotators/neck muscles/feet muscles-arches/spinal muscles/shoulder girdle/low body
  - o Light traction and spinal flexion, extension, rotation, side bending
- Back pain
  - o Strengthening
  - o Stretching
  - o Stabilizing movement
  - o Decreasing pain symptoms
- Lab exercises: yoga application to spine

## POSTURE & BALANCE

- Posture deficiencies
- Gravity
- Lab exercises: counter gravity on the head and skeleton to improve posture
  - o Correct muscle length and tone
  - o Address chronic issues
  - o Yoga poses to decrease kyphosis

## PULMONARY PATIENTS

- Breathing techniques
- Application to specific diagnoses
- Exercise enhancement

## NONAMBULATORY PATIENTS

- Modification techniques for wheelchair bound, geriatric population, and clients with disabilities
- Lab exercises: yoga in supine, prone, and seated
  - o Deconditioned patients
  - o Total body strengthening and stretching
  - o Maintain motion and strength while convalescing

## RESEARCH & THE LAW

- For or against yoga and rehab?
- Yoga and your client
- Keeping current: research, applications, treatment updates

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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.

**Activity Professionals:** This course has been pre-approved for 6 hours of continuing education by NCCAP (approval #NCCAP31608-16).

**Athletic Trainers:** Cross Country Education is recognized 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.



**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 2: Occupational Therapy Process.



### Physical Therapists, Physical Therapist Assistants:

**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.

**Ohio:** This program has been submitted for 6 CEUs to the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants.

**Recreation Therapists:** NCTRC does not pre-approve programs for CEU credit. It is the individual therapist's responsibility to retain documentation of sessions attended in order to demonstrate the relationship of session content to the NCTRC job analysis code.

**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.

**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.

## Confirmations & Cancellations

Cancellations received at least five working days before the event are refundable, minus a \$20 cancellation fee. Cancellations received less than five days from the event date will be issued a credit voucher to use toward a future event or product order. If you are registered and do not attend an event, you are still liable for full payment. Substitutions can 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, LLC. Any returned CDs/DVDs and course materials must be received in original condition for a voucher or replacement is issued. Registrants will receive a certificate once payment is received and course is successfully completed. 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

Cross Country Education is a national leader in high-quality educational services and products for the healthcare industry. With over 1.5 million healthcare professionals trained through our programs, we guarantee that our services will improve your effectiveness and efficiency in your field. 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, webinar, 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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