



By Phone:
Call **800-791-0262** and provide the
information requested on the registration form.



By Mail:
Mail form: **Motivations, Inc.**
see website for address



On the Web:
Visit www.motivationsceu.com

Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course # Course Title

Webinar Date

Name Discipline

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the webinar. After that time, a credit for a future Motivations event may be awarded.

Circle One: **VISA MASTERCARD AMEX DISCOVER**

Name on Card _____

Account Number _____ Exp. Date _____

Signature _____

Billing Address Zip Code _____ Security Code: _____



Motivations CEU

Accredited Courses for Rehabilitation Professionals

P: (800) 791-0262
F: (815) 371-1499
admin@motivationsceu.com
www.motivationsceu.com



WEBINAR #7160 Strengthen The CORE For Better Balance

Instructor:
Dr. Caroline C. Creager, PT, DPT

Audience:
Physical Therapists, Occupational Therapist,
Assistants and Athletic Trainers

Delivery Options:
Live Webinar or Self-Study Options

Motivations, Inc.

SUMMARY: Core strengthening is integral to improving balance. Recent studies indicate that measures of trunk muscle strength are associated with variables of static and dynamic balance and risk of falls. *Strengthen the Core for Better Balance* includes exercise intervention strategies to improve balance by development of core, motor control, and strength training programs. These strategies can also counteract pain, injury and age-related weakness. This class will teach you how to isolate your core muscles (transverse abdominis, multifidus, pelvic floor) and incorporate motor skill training into core, strength training and functional movement. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: Dr. Caroline C. Creager, PT, DPT received her Doctorate of Physical Therapy from the University of Colorado and her Bachelors of Science in physical therapy from the University of Montana. She owns the Berthoud Athletic Club and Physical Therapy Doctors, Inc. in Berthoud, Colorado. Dr. Creager has written eight books including: *Therapeutic Exercises Using the Swiss Ball*, *Therapeutic Exercises Using Foam Rollers*, *Therapeutic Exercises Using Resistive Bands*, *Bounce Back Into Shape After Baby* and *Core Strengthening Using Inflatable and Foam Rollers*. She has written articles or been featured in national and international magazines such as Cooking Light, Fitness, ADVANCE for Physical Therapists, IDEA Personal Trainer, Massage Journal and Yoga Journal. Dr. Caroline Creager is fascinated by the core and lectures nationally and internationally on the topic. *Financial*— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Identify one of the least known muscles that contributes to balance.
2. Name the anatomy of the core muscles.
3. Indicate why to palpate the transverse abdominis, multifidus and pelvic floor muscles.
4. Identify how to design and implement a motor control and core strengthening exercise program to enhance balance.
5. Determine when and how to progress core strengthening exercises.
6. Identify strength training strategies while utilizing core muscles to improve balance and prevent falls.
7. Indicate how expectations may influence patient performance. Utilize balance outcome measures in the clinic.

FORMAT: This is a 3-contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.



OT CEU's: Motivations Inc. is an AOTA Approved Provider of professional development. Provider #11957. This Live and Distance Learning—Interactive and Distance Learning—Independent and Blended/Hybrid activity is offered at 0.3 CEUs **Intermediate-Level**, Occupational Therapy Service Delivery, Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

- 15 mins: Anatomy of the core
- 15 mins: Core motor control
- 15 mins: Palpation and evaluation of the transverse abdominis, multifidus and pelvic floor muscles
- 15 mins: Designing a motor control and strength training program
- 60 mins: How your expectations may influence patient performance and balance outcome measures

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.

For course dates, times and registration, please visit: www.motivationsceu.com