



Circuiting the Rehab Training Model

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The lines have become increasingly blurred between what rehabilitation and training look like. Performance coaches are working more with rehab staff to create integrated performance teams, fitness professionals have been increasing their roles in helping the recovery process of the clients they train, and rehabilitation professionals are playing a bigger role in transitioning their clients further into fitness programs. This program will review some of the more important factors to take into consideration when trying to develop a rehab/training program for clients. This program will establish some novel, but important base concepts on human structure and function, introduce assessments and intervention techniques to address these findings, as well as helping with program design.

Lecture Objectives:

- To further educate on important perspectives when viewing the human body
- Increase the awareness of the important role every health professional has in influencing our client's overall well-being
- Introduce assessments aimed at providing important information on movement limitations
- Provide a more comprehensive framework from which to help create intervention strategies
- Educate on the commonalities when working with a multitude of different client populations—from those recovering from injury, to those who are looking to improve their health/fitness, as well as those engaging in high level sports.