

EBFA Presents

12th March 2016

IHFA- INTERNATIONAL HEALTH
AND FITNESS ASSOCIATION

In this one-of-a-kind Certification workshop you will explore the benefits of barefoot training in a rehab programming. Explore the concept of barefoot science and intrinsic foot strengthening and how it can enhance the timing of muscle activation patterns as it relates to the treatment of hip, knee and foot injuries.

Using hands-on demonstrations and a discussion of the latest barefoot research, professionals will be guided through common injuries in the lower extremity and their association with lack of neuromuscular control and delayed muscle activation.

You will return to your clients and patients with barefoot training techniques and a solid understanding of from the ground up programming.

BarefootRx® Rehab Specialist

with Dr. Emily Splichal

Earn NASM, NSCA, ACE, AFAA cecs
NY State Physical Therapy cec

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