

A GUIDE TO IMPROVE YOUR PHYSICAL READINESS, HEALTH OR MOVEMENT

Did you know...businesses spend \$170 billion a year on costs associated with occupational injuries and illnesses. Businesses that incorporate health and wellness services can reduce the percentage of injury and illness costs significantly. For example, one business that incorporated these changes saved 20-40 percent of their costs for injuries in a year.

In this course you will learn the essentials to improve your physical readiness, health and movement. Your instructor is Adrian Gomez, a certified strength and conditioning specialist, and certified Tactical Strength and Conditioning Facilitator (TSAC-F).

COURSE DESCRIPTIONS	DUE DATE
Medical Screen	
Movement Screen	
Performance Rating	
Back Pain Education	
Shoulder and Knee Pain Education	

Our Course has a bonus education course for medical prevention, instructed by Chad Clark, physical therapist and owner of Physical Therapy Connections. The 2 most common injuries are back and shoulder/knee.

Report cards are made and given to each participant to show any findings in the tests, all score cards are personal and confidential and will not be used in any other way than to collect data and for your personal use.

Certifications are given to each person who completes the entire program and can be mailed to your department for recognition.

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PHYSICAL THERAPY CONNECTIONS, P.C.

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