

## **TORC Level 1- Lower Quadrant**

Technique. Overload. Recovery. Consistency. -With a manual therapy precursor to training.

**Adelaide West Physiotherapy & Fuel Training Club**

**September 23, 24, 2017.**

**Hours: 8 am to 6 pm**

**Cost: \$600**

**Email [blainemackie@shaw.ca](mailto:blainemackie@shaw.ca) to register. Maximum 20 participants**

Clinic owner, FCAMPT, Fascial Therapist, Provincial Champion power lifter and strength and conditioning coach Blaine Mackie instructs this truly unique course that combines manual therapy with power lifting principles that will forever alter your therapeutic exercise prescription. Former Senior OrthoDiv. Instructor Blaine Mackie will provide the knowledge and skills to effectively teach and rehabilitate any injured patient or performance athlete using concrete foundational strength movements. The majority of the course will be spent learning proper lifting techniques at Fuel Training Club, where you will get demonstrations and hands on experience with Bars, platforms and squat racks to practice proper squats, dead lifts and accessory, functional movements. Effective manual therapy treatment techniques to compliment the therapeutic exercises will also make up an important portion of the course. The manual therapy instruction will take place in the mornings at Adelaide West Physiotherapy. After this course, you will be able to analyze lifting and movement physics, confidently train power lifters, cross fitters and other high performance athletes, and safely deal with a variety of lumbar pathologies that may affect these individuals. These principles can be applied to any athlete but are also intended to help treat **any patient** with back pain issues. You do not need to be an experienced lifter to participate in the course, and there are no Orthopaedic Division Level requirements. Register soon as this course is being offered in Toronto for the first time, and given the uniqueness of this course, it is sure to fill up quickly.

Contact Mackie Physiotherapy Professional Education

Division Director to register:

D'Arcy Mackie at: [darcymackie@shaw.ca](mailto:darcymackie@shaw.ca)

Contact Kevin Okamura at: [kevinokamura@hotmail.com](mailto:kevinokamura@hotmail.com) for any logistic questions.