

New intensive 5 days Practical course for Yoga teachers and therapists:

Anatomy kinesiology and Neuroanatomy of posture: Clinical and Practical Aspects in Corrective Yoga Therapy Program

Dr. Gill Solberg



Join Dr. Gill Solberg, Clinical Kinesiologist, Postural Disorder Specialist from Israel, and author of *Postural Disorders and Musculoskeletal Dysfunction*, for a comprehensive and integrative course using Adaptive Yoga Therapy techniques. Learn how to expand and enrich the use of yoga asana both therapeutically and in regular activity for improving postural patterns in daily functioning.



Dr. Gill Solberg

An Integrative Approach to Posture and Movement
Treatment Clinic and Enrichment and Learning Center

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Dr. Gill Solberg Has been teaching yoga since 1985. Graduated from Zinman College at the Wingate Institute with a specialization in postural disorders. During his advanced studies, he specialized in clinical kinesiology and adapted physical activity for populations with special needs.

He is a diagnostician and head therapist in his Physical Therapy and Yoga Therapy clinic and is a leading lecturer at various academic colleges in the fields of Human Anatomy, Kinesiology and rehabilitative movement.

Dr. Solberg conducts a private clinic that offers Physical Therapy and Yoga Therapy, for musculoskeletal dysfunctions and postural disorders. His book *Postural Disorders and Musculoskeletal Dysfunction* (2008) is now an academic textbook all over the world in 4 languages.

Dr. Solberg is also the co-founder of Muscle & Motion Posture and Muscle & Motion Yoga, and along with his partner Amit Gal Alon, has developed these two advanced software products that are the first of their kind, focusing on functional anatomy and human posture.

GENERAL BACKGROUND

The course was built especially for Yoga teachers and therapists who are interested in deepening their understanding of the anatomical, kinesiological neurological and motor components of human movement and to improve the quality of their teaching and instruction.

The material is organized in a way to facilitate an easy integration of the theoretical and the practical aspects of yoga therapy. Its purpose is to expand and enrich the use of movement both therapeutically and in regular activity for improving postural patterns in daily functioning.

The program delves into the anatomy kinesiology and Neuroanatomy of the Locomotor / musculo-skeletal system and reviews common pathologies and postural disorders. All postural disorders that will be discussed, are combined with clinical case studies, from Dr. Solberg's clinic.

In addition to offering ways to diagnose posture, it details specific therapeutic applications utilizing adapted movement for special needs. The material is based on research data underpinned by contemporary professional literature.

COURSE CONTENT

1. The integrative approach to posture
2. Anatomical and kinesiological basis of posture
3. Postural disorders in the lower extremities and the identification of gait disorders
4. Postural disorders of the spine: Sagittal plane
5. Postural disorders of the spine: Coronal/Frontal plane
6. Comprehensive diagnosis and treatment of postural disorders

SPECIAL BONUS OFFER!

FREE 3 month subscription to Muscle and Motion Posture

Groundbreaking new premium software in the field of Human Posture, developed by Dr. Gill Solberg and Amit Gal Alon. Muscle&Motion Posture app will teach you how to evaluate the underlying causes for postural challenges and enables you to look under the skin and directly observe the world of anatomy kinesiology and posture during yoga practice

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COURSE SCHEDULE (5 days 9:00-5:00)

Day 1

- Anatomical and kinesiological basis of posture
- Muscular system: kinesiological aspects of maintaining posture
- Anatomical and kinesiological aspects of the foot
- Anatomical and kinesiological aspects of the ankle joint
- Anatomical and kinesiological aspects of the knee joint
- Anatomical and kinesiological aspects of the hip joint
- Postural disorders in the lower extremities and identification of gait problems

Day 2:

- Anatomical and kinesiological aspects of the pelvis
- Anatomical and kinesiological aspects of the spinal column
- Common postural disorders of the lumbar spine: saggital plan(lordosis, flat back)
- Musculoskeletal examinations and adaptive exercise therapy for postural problems in the lumbar spine.

Day 3:

- Upper Back Mobility: Kinesiological and Neuroanatomical Aspects in Yoga Therapy
- Postural disorders of the thoracic spine (Hyper-Kyphosis)
- structure of upper back vertebrae and their ranges of movement
- Motor control and sensorial thoracic representation in the brain
- Principles for thoracic spinal mobility exercises
- Entire spine mobility vs. isolated mobility
- Active vs. passive mobility
- Anatomical constraints vs. motor learning and control
- Segmental mobility and rotations
- Anatomical and kinesiological aspects of the shoulder girdle

Day 4:

- Common Postural disorders of the spine: coronal plan (scoliosis)
- Parameters in determining scoliosis
- Diagnosing scoliosis
- Therapeutic exercise: Indications and contraindications in treatment
- Establishing Motor Control of Core Muscles: Principles and Applications in a Progressive Yoga Therapy Program
- Adapting breathing patterns to movement functioning

Day 5:

- Principles for a comprehensive diagnosis of postural disorders
- Anatomical and Kinesiological analysis of Yoga Asanas
- Final practical workshop: Adapted Movement Therapy Program for Common Postural Disorders: Treatment procedures (Case studies)