



FabYourLife
Health & Wellness
www.fabyourlife.com

ASSESSMENT AND THERAPEUTIC EXERCISE FOR HIP & KNEE PATHOLOGIES



This two-day course is designed for individuals who would like to enhance their functional evaluation and exercise prescription skills for clients demonstrating pathologies of the hip and knee. Participants will learn how to manually and functionally evaluate the hip and knee with emphasis on the interrelated nature of these joints in functional movement. Participants will also learn how to address client limitations through therapeutic exercise from the most basic levels up to sport specific training. Attention will be paid to coping with exercise limitations and contraindications for clients with common pathologies of the hip and knee.

LOCATION:

FabYourLife Inc.
101-620 Alden Road
Markham, ON
L3R 9R7

DATE:

November 19 & 20, 2011

TIME:

9am-5pm

COST:

\$400 + HST
(Until November 4th, 2011)

\$450 + HST

(As of November 5th, 2011)

Cost includes snacks, drinks
and lunch.

Ashley Halket, MSc., DipSIM, CSCS, CAT(C), RMT

Ashley graduated from the University of Western Ontario with an honors degree in Kinesiology in 2002. She went on to pursue Athletic Therapy at Sheridan College where she was the recipient of the Hamilton Tiger Cats Scholarship and was named Valedictorian for the class of 2005. After beginning a career in private practice, Ashley decided to expand her academic foundation by completing a Masters Degree in Rehabilitation Science at McMaster University. Her thesis focused on patient outcomes following total joint arthroplasty and resulted in two journal publications. Ashley is also a Registered Massage Therapist and Strength and Conditioning Specialist. This has allowed her to work in a variety of therapeutic settings including private clinical practice, and both amateur and professional sport. Last year, she completed the Contemporary Medical Acupuncture Program at McMaster University. In addition to running her clinical practice, Ashley teaches part-time in the BAHSc.(AT) & BAHSc. (ESHP) programs at Sheridan College as well as the Massage Therapy program at Humber College.



**SPACE IS LIMITED TO ENSURE EFFECTIVE PRACTICAL INSTRUCTION.
REGISTER TODAY!**

For more information or to register, contact Fabian Rayne
info@fabyourlife.com
905.475.LIFE (5433)
www.fabyourlife.com

FabYourLife: Continuing Education 2011 Registration Form



Name		Professional Designation	
Address		Province	Postal Code
Phone Number	Email		

COURSE

ASSESSMENT & THERAPEUTIC EXERCISE FOR HIP
AND KNEE PATHOLOGIES – 2 day course:
November 19th & 20th, 2011
FabYourLife Inc.
101-620 Alden Road
Markham, ON L3R 9R7

REGISTRATION FEE

\$452.00 (\$400 + HST until November 4th, 2011)
\$508.50 (\$450 + HST as of November 5th, 2011)
Includes materials, drinks and snacks.

PAYMENT METHODS

1. Make cheque or money order payable to **FabYourLife Inc.**

Amount of Registration Fee Enclosed:

- \$452.00 (until November 4th, 2011)
- \$508.50 (as of November 5th, 2011)

Mail To:

FabYourLife Inc.
101-620 Alden Road
Markham, ON L3R 9R7

2. Call FabYourLife at 905.475.5433 to register and pay by phone (VISA)

A minimum of 2 weeks notice is required for cancellations. Cancellation fee is \$100.00.

NOTE

Please dress comfortably as you will be practicing assessments and therapeutic exercises with each other.

SPACE IS LIMITED. REGISTER TODAY!

**For more information call 905-475-LIFE (5433)
OR e-mail info@fabyourlife.com
www.fabyourlife.com**