



The Complete Corrective Exercise Library

The Complete Corrective Exercise Library contains a vast array of exercises that can be used to correct musculoskeletal imbalances and alleviate muscle dysfunction, joint discomfort and movement limitations. In addition to providing instruction on which exercises are appropriate and effective for specific musculoskeletal imbalances, it also teaches you what to look for when clients are performing exercises to ensure they are getting the most benefit.

In this course you will learn:

- Nearly 200 exercises (with progressions, regressions, and alternatives) that can be used to create effective corrective exercise programs
- What imbalances in muscles and soft tissue structures will be targeted with the various types of exercise modalities
- The benefits of performing each corrective exercise
- How to successfully teach and cue each corrective exercise via written instruction and video demonstration
- Tips and precautions for performing/teaching each exercise successfully

The Complete Corrective Exercise Library contains:

- *The Complete Corrective Exercise Library* digital text material
- *The Complete Corrective Exercise Library* videos
- *The Complete Corrective Exercise Library* online tests

The Complete Corrective Exercise Library is Module 4 of The BioMechanics Method[®] Corrective Exercise Specialist course available through NETA. It is available for purchase as a standalone course to enable students to obtain an array of corrective exercises as well as learn how to teach and cue the various types while also providing an affordable option for those interested in earning a Corrective Exercise Specialist credential (i.e., TBMM-CES). The remainder of the TBMM-CES course components, which are also available through NETA, includes:

- The Fundamentals of Structural Assessment
- Understanding Muscles and Movement
- The Fundamentals of Corrective Exercise
- Corrective Exercise Program Design

The BioMechanics Method[®] Corrective Exercise Specialist course is a step-by-step learning program. It is recommended that the course modules be completed in order to optimize the learning experience. If you choose to complete all five components of the program, you will receive a certificate signifying your competency as a Corrective Exercise Specialist from The BioMechanics Method.

This online course contains digital text material, step-by-step video instruction and demonstrations, self-check activities, and online tests. Online courseware is non-refundable. The digital text materials included with this course are not printable unless labeled as such.