

Exergaming - An Innovative Pain Management Approach



About the Course

Empower Movement: External-Focus Exercise + Pain Science.

Compliance with therapeutic exercise programs is generally poor with over 70% of low back patients failing to perform their prescribed exercises. One of the many reasons for this poor compliance may be related to the frequent use of an internal focus exercise approach, which often is experienced as boring, repetitive, pointless, and non-productive...

This two-day course will challenge current belief systems about exercise and change the way you practice and prescribe therapeutic exercise. This course integrates contemporary research, including the OPTIMAL Theory of Motor Learning, exergaming technology, and pain science into a new therapeutic conditioning and exercise method using primarily an external-focus approach.

Compared to internal focus exercise programs, directed at the performer's own body movements, external focus programs, directed at the effects that movement has on the environment, have immediate beneficial effects on performance, retention, and transfer. Improvements are observed in movement effectiveness and efficiency, self-efficacy, confidence, automaticity of control, and overall cognitive function.

Apply high-level sports training principles in your clinical practice. Just like athletes, who commonly use external focus training methods, immediately following this course, you will be able to apply the same principles to all your patients! An external-focus exergaming approach will bring your clinic to a much higher level and assist your patients in overcoming kinesiophobia, reaching higher levels of athletic and overall performance, and achieving their individual goals faster through exergaming. Exercising has never before been this much fun. This course will teach you how to put fun back into functional training in working with patients in any age group. This course will present an evidence-based alternative integrating an external focus approach, fostering autonomy, positive expectations, and goal-action coupling.

Course Objectives

- Discuss three main aspects of the OPTIMAL Theory of Motor Learning
- Describe four advantages of an external-focus exergaming approach
- Design individualized external-focus exercise programs for patients of all ages
- Contrast four essential differences between internal and external - focus exercise programs

Register Today!

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