Pre- & Post-Natal Fitness Instructor Certification for Physiotherapists

This course is specially designed for physiotherapists who are interested in Pre & Post-natal fitness. The course helps physiotherapists to understand how to train patients/clients who are going through different stages of pregnancy and design effective Pre & Post-natal physiotherapy treatment/exercise program to them.

Aim & Objectives

- Understand the musculoskeletal and physiological changes during pregnancy and after delivery
- Analysing the implications of the above changes on program design
- Introduction of Fitness Training Principles in pre-natal and post-natal exercise programs
- Practise Pre & Post-natal exercises, including Pilates-based exercises
- Understand the use of props on exercise modifications for pre- and post-natal clients
- Review and Share experience on Physiotherapy Assessment and Treatment Techniques for common musculoskeletal problems in pregnant and post natal clients.
- Practise breathing exercises and physical techniques of enhancing labour
- Understand the management of prenatal exercise class

Course Information

Course Date : 8, 15, 29 September, 2013 (Every Sunday)
Time : 1st lesson : 9am-5pm
2nd & 3rd lesson : 9am-5:30pm
Medium of Instruction : Chinese supplemented by English
Venue : AASFP Lecture Room
Continuing Education Units : AASFP – 1.2 CEUs, HKPA - 15 CPD
Course Fee : Member HK$3,500, Non-member HK$3,650

* HK$150 discount will be offered to payment received 2 weeks prior to the course commencement date

Award of the certificate

- Attendance 100%
- Case Presentation
- Practical – Continuous Assessment during Practical sessions

Presenter’s Profile

Sharon Wong is a Registered Physiotherapist in Hong Kong, U.K. and Australia. She has been the visiting lecturer at the University of Liverpool and Hong Kong Polytechnic University, she is also a qualified Pilates instructor (Clinical Pilates), Gyrotonic® trainer and Fit-Ball instructor. She had been invited to be the speaker for AFEEX and National certified Fitness Instructor Conference (NCFIC). Her clinical specialties are Sports Injuries, Exercise Rehabilitation, Clinical Pilates, Pre and Postnatal Fitness and Women’s Health.

Ms. Sharon Wong
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