

ADVANCED II

INTENSIVE NEURO-FUNCTIONAL STRENGTHENING™ (INFS)

Description and Objectives

In 2019 Therasuit LLC will begin conducting new training course:

ADVANCED II - Intensive Neuro-Functional Strengthening (INFS).

The INFS course is the next important step in evolution and development of the intensive therapy program which we have promoted since 1999. This is an essential course for modern health care professionals.

New Advanced II - INFS course was created in accordance to newest research and knowledge from fields of physiology, exercise medicine, neurology and genetics. The course also reflects our real time experience from clinical practice.

The INFS course was inspired by requests from therapists seeking deeper understanding of exercise mechanisms and from their need to implement preset formulas, programs, and exercise protocols through hands-on practice.

The course is a comprehensive summary of the evidence accumulated in the molecular and cellular regulation of the various adaptations taking place in response to exercises.

After the course, therapists will have a deeper understanding of mechanisms, changes and conditions which determine functional progress.

This course delivers compendious program and more important provides therapists with proven, ready to use technics and exercises to achieve and accelerate patient's functional progress.

Theoretical and practical parts will provide new knowledge and skills from the following fields:

1. Molecular aspects and recent advances in the understanding of genetics and bioenergetics mechanisms of exercise biology and exercise genomics.
2. Review of latest research information from molecular biochemistry of exercises, adaptation and regeneration of muscle and nervous cells.
3. Factors determining recovery and changes in functioning of brain, nerves and muscles.
4. Molecular and functional response of the body to exercises

5. The impact of prolonged physical activity to mediate neurodegenerative and neuromuscular diseases.
6. Genetic syndromes and treatment programs.
7. Targeted clinical nutrition and supplementation for recovery, adaptation, neurogenesis and biogenesis.
8. Biomechanical analysis of movement and its application in creating a strengthening program.
9. Strengthening
 - diversification and classification
 - morpho-neurological perspective
 - methods and protocols of development of strength
 - implementation in a treatment program
10. Neuro-Functional methodology of exercises (assessment, goals and treatment protocols).
11. Exercise strategies for different diagnosis and clinical presentations.
12. Protocols of exercises to develop specific motor functions.
13. Targeted therapeutic approach and personalized treatment plan
14. The influence of new technology on cognitive skills and morpho-neurological systems; recommendation and precautions during course of therapy.