

# CLINICAL STRENGTH TRAINING

ONLINE WORKSHOP

Information Booklet



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# WORKSHOP

## Outline

This online course explains the theoretical underpinning of clinical strength training and its applied usage to special populations. Delivered on zoom, this online workshop also includes a practical skills component which applies clinical strength training to a variety of case study examples.

## Learning Objectives



Understand the impact of sarcopenia in ageing and chronic disease, as well as how to screen and treat this condition.



Enhance your knowledge of strength training techniques currently being used in musculoskeletal, neurological, oncology and cardiorespiratory rehab.



Develop an increased understanding of the adaptive processes that occur in various body systems and tissues in response to strength training.



*My team loved the workshop and we can't wait to start using the strength training techniques with our patients! - Niamh*

**STRENGTH**  
FOR LIFE

# COURSE CONTENTS

## Changing Demands of Healthcare

Provides an overview of the ageing population and analyses of contemporary evidence that shows how engagement in resistance training throughout the lifespan is a primary countermeasure to combat increasing levels of co-morbidity and frailty.

## Sarcopenia

Discusses the aetiology, identification and outcomes for sarcopenia in various clinical conditions. You will gain an understanding of the impact of sarcopenia in ageing and chronic disease, as well as how to screen for sarcopenia and counteract its effects.

## Physiology of Strength Training

From the individual muscle fibre to whole body systems, we explain everything you need to know in order to understand the adaptive responses of the key tissues and body-systems that are responsible for building and maintaining strength.

# COURSE CONTENTS

## Exercise Prescription & Program Design

Develop an understanding of the dose response effect and manipulation of key strength training variables for different chronic conditions. Build practical strength training skills by learning about exercise technique, regression and progression of exercise and different coaching methods

## Strength Training Techniques

This module provides a scientific overview of all the modes of resistance training that are currently being used in rehabilitation for a variety of clinical conditions. This includes techniques such as bodyweight, elastic resistance or free-weights as well as more advanced training techniques such as iso-inertial and blood flow restriction training.

## Implementing Strength Training in Practice

Learn how to implement strength training interventions in different healthcare and exercise settings as well as how to overcome individual, environmental and organisational barriers to applying this for different clinical populations..

# ABOUT US

## Strength For Life

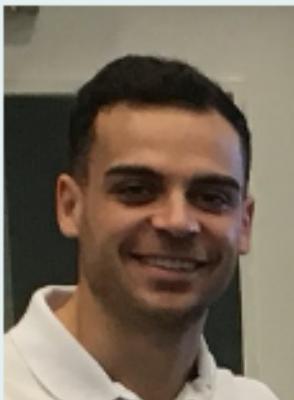
Strength For Life was founded in 2018 with one simple goal in mind, to improve public health through evidence-based strength training. We are passionate about improving the way that people approach health and physical function throughout all stages of life.



Chris is a qualified physiotherapist, exercise scientist and strength & conditioning coach. He specialises in integrating the practices of these professions to improve health and physical performance for a variety of demographics and he is the lead strength and conditioning coach at Strength For Life.

### **Chris Hattersley**

**MSc, MSc, BSc, ASCC, CSCS.**



Kas is a qualified physiotherapist, occupational therapist, and strength & conditioning coach. He uses his unique background to apply strength training techniques to help people with different clinical conditions through-out the lifespan

### **Kaseem Ahmed**

**BSc, MSc, CSCS.**

The logo for Strength For Life, featuring the words "STRENGTH" and "FOR LIFE" in white capital letters on a green background. "STRENGTH" is on the top line and "FOR LIFE" is on the bottom line, separated by a thin horizontal line. A vertical red bar is on the left side of the text.

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FOR LIFE**