

## GENTLE MOVEMENT AND RELAXATION COURSE: COURSE INFORMATION

### COURSE OVERVIEW

The Gentle Movement and Relaxation course will equip physiotherapists and other therapeutic movement professionals with practical knowledge and teaching resources to lead their own movement and relaxation programs for people living with chronic pain.

In this self-paced course, practitioners will gain knowledge in pain science, pain and recovery, and learn specific gentle movement and relaxation exercises to administer to their clients. Interactive slides, audio recordings of breath and body exercises, video resources, weekly homework, movement exercise sheets and other helpful tools will also be available to help facilitate the program.

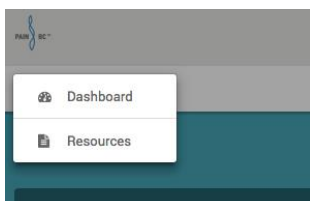
### COURSE DETAILS

**Duration:** 4 hours of learning. A certification of completion will be provided by Pain BC at the end of the course. Please note you will have 1 month to complete the course from the time of enrolment.

**Platform:** Pain BC Online Learning Management System (LearnUpon), which is both desktop and mobile friendly. We recommend using the following browsers for optimal performance: Google Chrome, Firefox, IE Explorer. You should receive a course invite via email within 2-3 days of registering. If you have registered but do not receive an invite within this timeframe, please check your junk or spam folder before emailing [learnersupport@painbc.ca](mailto:learnersupport@painbc.ca).

#### What's included in the course:

- 3 learning modules covering pain science, pain & recovery, and gentle movement & exercises
- Resources for the course are made available both in the learning modules and in the course resource portal. Click on the resource tab as shown below in your portal to access the content.



- Client slide presentation, weekly homework, movement exercises, breath and body exercises accompanied by audio guides are included.
- Additional forms to structure your program is provided which can be accessed in the resource section of the course.

## ADDITIONAL NOTES

To ensure you are able to appropriately assess how clients progress through their participation in your movement program, **please utilize the guides and practice the exercises as highlighted in the online course.**

Please make sure to download the resources in each unit as you may not have access to them once the course is completed.

Please do not open multiple browser windows as this may cause incorrect grade calculation or errors in your course progression.

You will receive a certificate of completion upon successfully passing the course. You will have up to 2 weeks to download your certificate.