

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: Four hours of learning. A certification of completion will be provided by Pain BC at the end of the course. Please note you will have one month to complete the course from the time of enrollment.

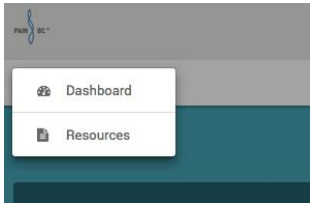
Platform: Gentle Movement & Relaxation is hosted through LearnUpon, Pain BC's online learning management system, which is both desktop and mobile friendly and is also available as an iOS app through the App Store. We recommend using Google Chrome for optimal performance. After registering, you should receive an email with course login instructions and a temporary password. If you have registered but did not receive an email, please check your junk folder before emailing learnersupport@painbc.ca

Once you receive your temporary password, you can log in to your account by visiting painbc.learnupon.com or by clicking on the  button in the top right corner of the painbc.ca webpage.

What's included in the course:

- Three 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

It's important to utilize the guides, instructions and exercises as highlighted in the online course, in order to appropriately assess how clients progress through their participation in your movement program.

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.

Once you have successfully passed a course, you will receive a certificate of completion. You will have up to two weeks to download your certificate.