Corrective Exercise Specialist (CES)

The NASM Corrective Exercise Specialist (CES) not only provides you with cutting-edge, scientifically-valid education, but provides applicable corrective exercise techniques and programming using the Optimum Performance Training™ (OPT) model. The OPT model allows you to take away the guesswork of exercise programming, guiding you step-by-step through clinically-proven, scientifically-validated exercise programs.

The CES integrates the science and the solutions for optimal injury prevention and recovery success!

**CEx System**

**INHIBIT**

Release Tension:

Inhibitory Techniques, Self Myofascial Release

**LENGTHEN**

Increase Range of Motion:

Lengthening Techniques, Static Stretching, Neuromuscular Stretching

**ACTIVATE**

Re-Educate Underactive Tissues:

Activation Techniques, Isolated Strengthening, Positional Isometrics

**INTEGRATE**

Retrain Muscles:

Integration Techniques, Integrated Dynamic Movement

*Complete the NASM Corrective Exercise Specialist (CES)*

- Designed for certified athletic trainers, chiropractors, physical therapists, licensed massage therapists and other sports professionals
- The preferred injury prevention and recovery credential of the National Basketball Athletic Trainers’ Association (NBATA)
- The components of corrective exercise and preferred sequencing of techniques are based on scientific and clinical evidence
- Based on the study of Human Movement Science and the concept of movement impairment syndromes
- Complement your formal education, expand clientele, and prepare yourself for career advancement

**Program Recognition & Differentiation**

NASM provides partner institutions with academic solutions, robust instructor training, development, instructional resources and the educational support to take prospective students to schools, to careers and to their professional success in the growing health, fitness and sports medicine industry. For information on how to integrate the NASM solutions at your academic institution, contact the NASM Academio Advisory Team at 1.800.460.6276, option 5 or visit www.NASM.org/Academic.

For more information: © NASM.org/Academic 1.800.460.6276, Option 5