



**Burdenko Certification Program**  
**Part I Levels 1,2,3**



**February 27, 28 and March 1st 2009**  
**Hyannis Cape Cod, MA**  
 CEU's available

[www.fitplan.com](http://www.fitplan.com)  
 Phone: 508-778-5000

Payment can be made out and sent to:  
 Cape Cod Rehabilitation  
 735 Attucks Lane  
 Hyannis, MA 02601

**Part One Program Schedule**

**Friday**

- 11:00-12:00 Registration
- 12:00-12:30 Overview of Program
- 12:30-1:15 History and Principles of The Burdenko Method
- 1:15-2:00 Intro Level I
- 2:00-2:15 Break and Change
- 2:15-3:45 Practice/Teach Level I Deep Water
- 3:45-4:45 Intro Level II
- 4:45-6:15 Practice/Teach Level II Land

**Saturday**

- 8:00-8:30 Review Day I
- 8:30-10:00 Practice/Teach Level II Deep water
- 10:15-10:30 Break and Change
- 10:30-11:30 Intro Level III
- 11:30-12:00 Practice Level III Land
- 12:00-1:00 Lunch
- 1:00-3:00 Practice/Teach Level III
- 3:00-3:15 Break and Change
- 3:15-4:45 Practice/Teach Level III Shallow Water

**Sunday**

- 8:00-8:30 Review of Day 2
- 8:30-10:00 Practice/Teach Level III Deep Water
- 10:00-10:15 Break and Change
- 10:15-11:15 Review Levels I,II,III
- 11:15-12:15 Lunch
- 12:15-2:45 Practicum and tests
- 2:45-3:15 Case Studies
- 3:15-4:00 Group Discussion/Closing

**Burdenko Certification Program**

The Burdenko Certification Program was established to provide health professionals with means of formalizing their knowledge of the Burdenko Method. The Burdenko Method is a unique, innovative system for rehabilitation, conditioning and injury prevention. It has been developed and refined by Igor N. Burdenko PhD. over a period of 40 years in both the former Soviet Union and the United States. Many individuals from Olympic athletes to the general public have benefited from this original and extraordinarily effective system.

“Once in every few decades, a brilliant innovator makes a quantum leap in the way that we can relate to, and care for our bodies. Igor Burdenko is such a person. His genius lies in discovering the power of water to enhance health, accelerate healing and prevent injury.” Dr. Andrew Geller, M.D., MPH



Comments from past course participants: “Very functional....can be used with all types of patients from athletes to geriatric” Kimberly LaDuca MPT, ATC, CSCS

## Learn-Practice-Teach

This is a dynamic program. Participants will be required to engage in all water and land exercises and to practice teaching others how to perform them.

**Learn:** The student learns the philosophy of the Burdenko Method and then is shown specific techniques that exemplify, illustrate and expand upon that philosophy. This learning phase is accomplished through written materials, demonstrations, and active participation.

**Practice:** Practice occurs in large groups and in pairs, under the supervision of an instructor. Feedback is given by both the partner and the instructors.

**Teach:** After learning how to perform a particular exercise sequence, the student is then asked to teach that sequence to his or her partner. Observations and corrections are given by both partner and instructor.



## Why Take This Program?

The Burdenko Certification Program provides an opportunity to learn this unique and highly effective system. Anyone who is interested in cutting-edge approach to physical well being, injury prevention, or rapid healing techniques should attend.



## Who is Eligible to Take this Program?

The Burdenko Certification Programs are open to all health practitioners who have a professional knowledge of anatomy and physiology. These individuals include medical doctors, physical therapists, occupational therapists, athletic trainers, massage therapists and many others who share a passion for health and fitness.



## Faculty

Joseph P. Carroll PT MS SCS is the owner/director of Cape Cod Rehabilitation. He has trained extensively with Dr. Burdenko and has practiced the Burdenko Method for over 15 years. A Board Certified Sports Clinical Specialist in Physical Therapy and Certified as a Master Instructor in the Burdenko Method, he has used this system with professional athletes and Olympians as well as recreational athletes and non athletes of all abilities.

Additional Burdenko Certified Instructors are included in each program for additional instruction and assistance.

**Objectives:** The primary objective of the Burdenko Certification Program is to educate individuals in the philosophy and techniques of the Burdenko Method, a novel way of using your body to optimize health and prevent injury. The Burdenko Method uses a unique combination of water and land exercises to enhance conditioning, increase neurophysiologic efficiency and heal injuries.

## Registration

**Sign up for: Part I Levels 1,2, 3 : The Cost -\$800**

Make checks payable to: **Cape Cod Rehabilitation** and mail to address below.

Registrants will receive confirmation letter upon receipt of payment. **Cancellations: Registration fee, less a \$75 processing fee is refundable upon written notice at least 4 weeks prior to the program. We reserve the right to cancel the program with due cause and will not be responsible for refund of travel or hotel expenses.**

There are many hotels in the Hyannis area, early reservations are recommended. List of area lodging is available. The Comfort Inn Cape Cod is minutes from course location and has rooms reserved for the seminar. Call 508-771-4804 for rates and reservations.

**Sign me up for the course in: February**

Name \_\_\_\_\_

Address \_\_\_\_\_

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\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Method of Payment

Check

Visa

MasterCard

American Express

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

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