

## An Overview of the Medical Exercise Specialist

<p><b>What is the Medical Exercise Specialist (MES) designation?</b></p>	<p><input type="checkbox"/> It is internationally recognized by the medical and fitness communities as the standard certification for health care professionals working with special populations and post-rehabilitation clients.</p>
<p><b>What type of professional is eligible for this specialized training?</b></p>	<p><input type="checkbox"/> Only available to health care professionals who work closely with clients who present with neurological, cardiovascular, metabolic and musculoskeletal disorders.</p>
<p><b>What information is covered in the MES program?</b></p>	<p><input type="checkbox"/> During this intensive program, health care professionals compliment their existing credentials by obtaining additional in-depth knowledge and skills in clinical anatomy, biomechanics, post rehabilitation protocols, pathology, and screening/assessment techniques for medical conditions of the upper and lower extremities and the spine.</p> <p><input type="checkbox"/> It is taught by a licensed Physiotherapist and is designed to provide functional knowledge in the areas of:</p> <ul style="list-style-type: none"> <li>▪ Clinical Anatomy</li> <li>▪ Clinical Biomechanics</li> <li>▪ Fitness Programming Guidelines</li> <li>▪ Medical Communications</li> <li>▪ PNF/Spinal Stabilization Techniques</li> <li>▪ Musculoskeletal Screening</li> <li>▪ Post Rehab Assessment Techniques</li> <li>▪ Post Rehab Protocols</li> <li>▪ Regional Exercise Principles</li> <li>▪ Post Rehab Competencies</li> </ul>
<p><b>How does the specialized training provided by the MES designation benefit clients?</b></p>	<p><input type="checkbox"/> By building on the health care professional's existing training to develop functional exercise prescription expertise, clients receive exercises that are focused on effectiveness while ensuring safety, as well as the introduction of innovative and progressive concepts.</p>

For additional information about this topic, please contact Sibley & Associates at 1.800.363.8900.