

DO YOU WANT TO LEARN THE PHYSICAL THERAPY METHOD OF THE FUTURE?

- Are you tired of not being able to help your clients achieve lasting results?
- Do you want to learn how to fix the core problem instead of just relieving the symptoms?
- Do you want to learn how to analyze and permanently correct common musculo-skeletal imbalances?

Then this is something for you!

*For the first time in Switzerland!
Lausanne 23-24 November 2019*

By Markus Greus Optimum Therapist and founder of Optimum Method*

What is the Optimum Method?

The Optimum Method is based on a major breakthrough within the field physiotherapy. With a specifically designed series of treatments and postural exercises, we restore the body's natural balance and ability to distribute load properly. We address the root cause of the problem instead of just alleviating the symptoms. We give our patients tools to regain full function, so they can keep full mobility without pain for the rest of their life!

Why are our customers in pain?

We are designed for movement. Studies of people living in primitive societies show that they very seldom suffer from any chronic pain. They have a naturally good posture and movement pattern. This allows them to properly distribute the load the body is exposed to in various situations. In this way, they don't end up with a musculoskeletal imbalance which in turn leads to pain.

In the Western world, we have lost our natural posture and movement patterns. In addition to the erratic movement pattern, the pain may be due to injury, surgery, monotonous load or too little movement. This leads to many problems like headaches or pain in jaws, neck, shoulders, arms, back, hips, knees and feet.

How do we address the problems our patients have today?

As physiotherapists we have learned to treat our patients around the pain area which in many cases only gives a temporarily relief, but not a long-lasting effect. Many times, we even have to tell our patients that the pain is chronic and they have to learn to live with it.

"With the Optimum Method this doesn't have to be true any longer."

In fact, we are so confident about this method that, if our patients don't feel any improvement already after the first visit, we offer our customers "a-money-back-guarantee".

The two-day basic course

Here you get a unique knowledge and understanding of how the body works when it works optimally and how you can restore optimal function. Many of our participants say that this is exactly the missing piece of the puzzle in their previous education.

Content:

The course includes theoretical and practical review of:

- Self-analysis of own musculoskeletal imbalances
- Optimal function of the body in static positions and in motion
- Reviewing what the postural muscles are and why good function in them is so important
- Muscular dysfunction and compensation
- Common muscular imbalances
- Basic posture and function analysis
- Review of approximately 30 postural exercises to correct imbalances.

After the course, you can immediately start helping your clients with basic balancing from the lessons learned. If you want to deepen your knowledge and get more tools, we recommend that you attend all five steps to become a Certified for Optimum Trainer.

Registration to the course by email to: info@optimum-metoden.se.

The courses are aimed at you with basic knowledge in anatomy and physiology.

- Date: 23-24 November 2019

- Time: 9 am to 5 pm both days
- Price: CHF 990, Earlybird – CHF 590 when applying before 17/10-2019.
- Venue: To be announced
- Coffee, tea and light snacks are included.
- Participants receive printed course material and PDF:s of exercises.

Please read our Terms and Conditions before booking.

Contact us at info@optimum-metoden.se for further questions.

If you want to continue your education and become a Certified OptimumTrainer:

Build on our two-day basic course with steps 2 - 5 and become a Certified Optimum Trainer. In the Certification program, we dive deeper into the theory of optimal musculoskeletal function. You will learn more exercises to address imbalances in each body part. We also go through nervous system and acupuncture system balancing techniques as well as manual treatment techniques. You get a variety of effective tools to help your customers achieve lasting results!

Step 2 (2days)

Focus on arms and legs:

- In-depth posture and function analysis as well as techniques for checking and correcting pacing, also called motor integration. In this state, the nervous system has gone out of phase leading to a generally uncoordinated movement pattern.
- Review of walking and running analysis and instructions for correcting incorrect walking / running patterns.
- In-depth theoretical review of classic imbalances leading to discomfort in feet, knees, hips, arms, shoulders and scapula.
- Review of more exercises for balancing feet, knees, hips, arms, shoulders and scapula. In the exercises, different neurological principles such as reciprocal inhibition are used for the

fastest possible balancing of the agonist-antagonist relationships between the muscles, which results in faster and more durable results.

- Manual treatment techniques to correct local muscular and fascial imbalances in the legs, hips, arms and shoulders.
- Balancing of imbalances in the nervous system caused by physical trauma with IRT (an often missing piece of the puzzle) - a technique that both optimizes the function in an older injury area as well as leading to a lowering/normalization the tone in the rest of the body .
- Review of Emotional Freedom Techniques (EFT) for stress reduction, better balance between sympathetic and parasympathetic parts of the nervous system and for the processing of any mental-emotional components of physical pain.
- Practical training of all the above in pairs where you analyze each other's imbalances and go through treatment and exercises to balance them. This is to practically consolidate the posture and function analysis and translate it into program writing and exercise instruction.

Step 3 (2days)

Focus on pelvis, sacrum, spine, chest and jaws:

- In-depth theoretical review of classic imbalances leading to pelvic pain, SI joints, sacrum, lower back, chest, head and jaw.
- More exercises for balancing the pelvis, SI joints, lower leg, lower back, upper back, chest and neck.
- Various treatment techniques for the pelvis / trunk including wedge treatment for pelvic imbalances, mobilization of the sacrum, soft tissue treatments for the trunk muscles incl. iliopsoas and diaphragma, mobilization of the chest and treatment of various neck imbalances.
- Treatment techniques and special exercises for temporomandibular joint (TMJ=jaw) imbalances. The TM joints are connected to both the neck and the hip joints and TMJ treatment often provides major improvements in both the jaw, neck, hip and other parts of the body.
- Practical training in pairs as in step 2.

Step 4 (2days)

Integration, functional strength training:

- Summarizing previous steps to gain a full understanding of how to address a combination of the above imbalances and how to become effective in program writing.
- Review of strength training with own body weight and strength training with external load taking into account the simultaneous activation of the postural muscle and secondary stabilizers. We also go through how using postural exercises between each set can maximize strength development significantly while minimizing the risk of injury.
- Practical training in pairs and a review of how to work with clients from the first to the last visit, including integration of the training into everyday life to ensure lasting results.

Step 5 (2days)

Specialization, preparation for examination

- Integration of knowledge from all previous stages - in this step we "wrap it up" and repeat theory, treatment techniques and exercises as needed so that you can effectively translate everything learned in practice.

Examination

For an approved examination and to become a Certified OptimumTrainer the following is required:

- Documented treatment of ten customers with four visits per customer.
- Two hours practical-theoretical examination, where you can demonstrate the knowledge you learned during the training.

Certified OptimumTrainer

Price: CHF 5090. Early bird – CHF 4590 when applying before 17/10-2019.

A few statements from previous participants about the education and the Optimum Method:

"After the basic course I felt – wow – this is really something else and realized that I've had the wrong toolbox for all these years! I would gladly have replaced my whole 3-year Physiotherapist-education for those first two days during which we received so much concrete information with which I could immediately start treating my patients in a much more efficient way! I'm blown away!"

Fredrik Lindström, Lic. Physiotherapist since 2007.

"I thought that I knew how our musculoskeletal system works, but I realized that I didn't at all and after the 2 day basic course I got great results right away! It was fantastic to feel that one could gain such benefits in such a short period of time!"

Sofia Arnros, Lic. Physiotherapist since 1991.

"I Have personally trained with Markus Greus and the Optimum Method for almost 9 years! I have gone from having back pain from time to time, to being completely trouble free! I have also had a diaphragm hernia that has also healed as a side effect of the exercises! I provide exercises for my own patients with amazing results, it's absolutely fantastic!"

Lasse Hagelskytt, Osteopath D.O.

"The education Markus offers is far more than what regular education today has to offer and we who become Certified OptimumTrainers will set new standards for what is possible in physical therapy and the results will speak for themselves!"

Peter Mattsson, Osteopath D.O.

About Markus Greus:

*Markus is the founder of the Optimum Method, a licensed physiotherapist, licensed personal trainer, certified STAC elite trainer and certified massage therapist.

The Optimum Method is based on Postural Therapy – an exercise therapy method created by Pete Egoscue in the USA that reestablishes optimal musculo-skeletal function through very specific movements addressing the deepest postural muscles in a different way than traditional rehab- or other corrective exercises do. Markus began his education to become a Postural Therapist in San Diego in 2001 and has since refined the technique to include manual treatment techniques as well as techniques to rebalance the nervous and acupuncture systems in order to improve the results even further. As a part of refining the treatment system it was time to change the name from Postural Therapy to the Optimum Method to reflect all additional methods being incorporated. Today the Optimum Method also includes effective techniques to address mento-emotional components of musculo-skeletal health which has proven to be an increasingly important part of the puzzle when helping people suffering from chronic pain issues.

Markus currently works with customers of all ages and many of Sweden's leading elite athletes.

In addition, Markus trains and certifies Optimum Trainers and gives lectures to companies and the public about the Optimum Method and the principles of optimal musculoskeletal health.

Below follows some statements from our customers:

Athletes:

"I have been using the Optimum Method in my training since 2003. Even as a high caliber athlete you have your problems. In my case, it's all about becoming more economical - using the right muscles for the right things, the Optimum Method is an important part of achieving this! "

Jonas Colting, Double Ultraman World Champion in Triathlon

"I thought I built a foundation through gym training that would sustain all the one-sided movement that it is in golf. Unfortunately, I was wrong, and the only thing I did was build on a muscular imbalance. Already at the first visit everything felt 100 times better. Now I use the Optimum Training to reach my goals to become one of best golfers in the world.

Rikard Karlberg, Professional golfer

Other clients:

"In 2003, I got a whiplash injury. I turned to many different people and tested different treatments. 2 years after the injury, I went on my first visit at the Optimum clinic. For the first time in 2 years, I got to experience pain-free days. After 6-8 months, I was basically fine. Now I feel great and never have any pain in the neck or anywhere else in the body."

Karin Haglund.

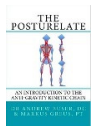
"I visited physiotherapists, chiropractors and occupational therapists but never became painfree. I then found the OptimumMethod and after five treatments I was completely fine! The month after I started working for a symphony orchestra and have been able to work full time without any problems, something that would have been impossible considering the neck/shoulder pains I experienced before!"

Jenny Jonsson.

"I am a 65-year-old retired nurse recently diagnosed with spondylosis. I've had such pain that on some days I barely got out of bed. After being persuaded to try the Optimum method, somewhat skeptical I will willingly admit, I am incredibly surprised by the result. Already after the first visit I felt a clear difference in reduced pain and an improved posture. I do my exercises at home and some days I now have very little pain or none at all. So nice!"

Ewa Olsson.

For more reading about the theory behind the Optimum Method:



The Posturelate: An Introduction to the Anti-Gravity Kinetic Chain by Markus Greus and Dr. Andrew Buser

"Discover the BuserGreus Model of postural therapy, their Principles-of-Therapy, Priorities-of-Work, and how to evaluate the kinetic chain."

Read it here –

http://optimum-metoden.se/wp-content/uploads/2018/09/The-Posturelate_Buser-Greus-cover.pdf

Education Optimum Trainer - General Conditions

Enrollment:

You register on the website via the link "click here" or via the BookDirect website. Your booking is valid from the date the registration fee / course fee is paid.

Payment:

Pay the registration fee / course fee. Please note that your place is secured only when the fee is paid.

Registration fee:

If there is more than 30 days left for the course start at registration, you pay the registration fee of 10%. This corresponds to CHF 59 (step 1) and CHF 495 (steps 1-5), directly at the time of registration. Remaining course fee has to be paid 30 days before the start of the course.

Course fee:

If there is less than 30 days left for the course start at registration, you pay the full amount directly at the time of registration. The courses that contain examination include one examination. Should the student not be approved at this examination, a fee of CHF 400 will be added for a second examination. You can choose to pay directly or split your payment.

Cancellation policy:

The registration is binding. In order to ensure that you who have paid for a training spot, and that we should be able to prepare your education in the best way, the following cancellation policy applies: •

If you cancel up to 30 days before the start of the training, the cancellation cost is 10% of the training price. •

If canceled within 30 days before the start of the training or after the training has started, no refund will be made.

In the case of own or close family * illness, the amount paid, in addition to an administrative fee of CHF40, is reimbursed against presentation of medical certificates. **

* As close relatives is counted spouse, spouse, children, siblings, parents, in-laws or other person with which students cohabits with

** In the medical certificate, it must be specified that the student is unable to complete the training.

If you become ill during the training, there is no refund. Instead, you are offered the opportunity to complete the training at a later date.

Cancellation of training:

The Optimum clinic reserves the right to cancel the training due to low attendance or illness. When the training is canceled, the participant is offered an alternative start date. If this is not accepted, the entire fee will be refunded within 30 days. Compensation in addition is not paid.

Certificate:

A course certificate is obtained after the required case studies are handed in and the student is approved in the examination.

Prerequisites:

Personal trainer or equivalent. Minimum requirements are basic knowledge in anatomy and physiology.

Filming, photography or audio recording:

Filming, photography or audio recording is not permitted without the written permission of the Optimum clinic.

How to dress:

Come in soft workout clothes and socks. Shoes are not needed

Food

Coffee, tea and light coffee are included during all training days. Lunch break at 12-13, lunch not included. We recommend that participants bring their own lunch as the choice of lunch places nearby is limited on weekends.

Other questions

You are welcome to contact us with any other questions. Mail: info@optimum-metoden.se