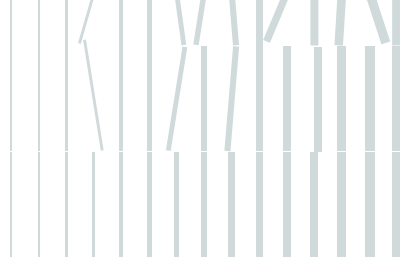


Healthcare & Nursing



Certificate in Exercise Rehabilitation with AI

Programme Aim:

program is designed to equip participants with foundational and advanced knowledge in muscle activation therapy focused on the neuromuscular-skeletal system. Participants will master the protocols to activate dormant muscles, release nerve impingements, reverse muscular atrophy, correct adaptive shortening, and adjust strength-flexibility ratios.

Mode of Delivery:

Hybrid

Duration & Total Learning Hours:

Duration: 20 Days

Module Structure:

1. Introduction to Exercise Medicine
2. Foundations of Exercise Rehabilitation
3. Neuromuscular Assessment Techniques
4. Exercise Therapy Protocols
5. Hands-on Clinical Training
6. Professional Practice & Ethics

Accredited by:

