



# THE PERFORMANCE ZONE

FITNESS AND SPORTS INJURY COURSES

## CONTACT US

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All courses are taught by a qualified and experienced tutor, and we always aim to keep the class size small to ensure you get a more personal experience!





# OUR COURSES

## FASCIAL TREATMENT CONCEPT

Our Fascial Treatment Concept course is taught globally in partnership with [www.fasciq.com](http://www.fasciq.com). It provides you with the knowledge and practice to safely integrate three different modalities in to your practice ; Instrument Assisted Soft Tissue Mobilisation, Dry cupping and Tissue Flossing. You also get to keep all the tools from the course!



## CORRECTIVE EXERCISE PRACTITIONER

Our corrective exercise practitioner is split over 7 different workshops (1 online and 6 face-to-face) that can be taken in your own time. The workshops can be taken as a standalone course, or all 7 can be completed at a discount. During this course, you will learn how to assess posture, movement and strength to better understand a clients biomechanics and arthrokinematics, as well as how to programme exercise/treatment to improve any dysfunctions.



# COURSE DATES

### Fascial Treatment Concept Course

March 28th + 29th - Horsham, Total Therapy  
 July 25th and 26th - London  
 September 5th and 6th - London

### Corrective Exercise Specialist Dates

27th June - Horsham, Posture and Movement Screening  
 29th August - Horsham, Strength and Range Testing  
 26th Sept - Horsham, Corrective Exercise of the Foot and Ankle  
 October 31st - Horsham - Corrective Exercise of the Knee



### Umut Atik (Fascial Treatment Concept Course)

Overall my experience was great. I would highly recommend this course to anyone wishing to apply new modalities to their treatment!

### Karen Taylor (Corrective Exercise Practitioner)

After my level 3, I went on to further my knowledge with Matts corrective exercise of the core course. I found this course to be extremely helpful. Matt made the course fun and very easy to understand.. Matt certainly knows his stuff!

### Daisy Pledger (Level 2 and 3 Personal Trainer)

Without Matt and his fantastic teaching style and wealth of knowledge, I doubt I would of got this far! Would highly recommend him for any training or coaching, he really know his stuff and has a wonderful way of teaching things.