

# Female Chain Reaction Course

In cooperation with the Gray Institute

The Pelvic Core Neuromuscular System (PCNS) - pelvis, core, and pelvic floor — has a very unique biomechanical influence within both the female and male body. This course will help you understand 3 dimensional PCNS movement from function to dysfunction.

We will explore functional mobility techniques for the complete core and exercise integration utilizing a variety of functional tools. Participants will understand how the PCNS can influence orthopedic injuries, how pregnancy will influence the PCNS and how Pelvic Core dysfunction may limit a patients ability to exercise. This course will be life changing for your patients



February 22 & 23  
Training Solutions

203 W. Wisconsin Ave., Pewaukee, WI 53072

Course Fee: \$495

**Hotel Accommodations:**  
**Country Springs Hotel**  
**2810 Golf Rd., Pewaukee, WI 53072**

Register online at  
[www.trainingsolutionswi.com](http://www.trainingsolutionswi.com)

**Call (262)691-7634 for more information**