

Fischer Institute Asia (FIA) presents

Fundamental Principles to becoming the Best Clinician you can be!

Mentorship Program by **Brett Fischer**

Mentorship Program for Physiotherapists

Sep 2021 - Feb 2022
6 online meetings

by **Brett Fischer**,
founder of renown
Fischer Institute AZ

Do you want to become the best
clinician you can be?

I'm not talking about becoming the
most famous or richest— I'm talking
about a clinician who is IMPACTING
and CHANGING the lives of your clients
while - FULFILLING your personal
needs! A practitioner LIVING their
purpose.

Hi, I am Brett Fischer. I am a licensed
Physical Therapist, Certified Athletic
Trainer and a Certified Strength and
Conditioning Specialist. I have worked
in the field of Sports Medicine for 38
years and counting!

The reason I am talking to you today
is..... I want to mentor you! I want to
share and teach science-based
principles referencing my nearly four
decades of clinical experience to save
you, headaches, money and time! My
goal is to recognise and unlock inside
you and teach you how to be an even
GREATER success for YOUR patients,
clients and YOURSELF! Throughout my
career, I have been fortunate to have
had so many remarkable clinical

experiences from athletic training rooms
at elite universities and professional
sports teams in Major League Baseball,
The NFL and PGA, as well as working
with celebrities and world class athletes
individually across the globe.

The invite and promise

There are so many ways to treat and
train our clients. Just go on social
media and you will get overwhelmed !
Knowing who to believe and where to
start and how to progress our clients is
so hard and confusing.....
I want to make the complicated simple.
This seminar series will do that and take
you to the next level as a clinician!

With a collaboration with GSBE Global
Academy in Hong Kong, I want to extend
a VIP invite to you to join the FIA
Seminar series.

There are 7 exciting and challenging
seminars in total focused on the latest
scientific principles in Sports Physical
Therapy and Sports Performance. Each
60 minute interactive seminar will be
conducted via Zoom.

Episode 1: “First things first”

Most medical seminars start with some type of anatomy or physiology review of the sciences and then dive right into the technical aspects of physical therapy . Not here at the FIA !!!! We will first learn about the “art” of becoming a successful and personally fulfilled clinician. Your knowledge is not enough, your personal connection is the first, most important time you can spend. It's NOT ENOUGH to just have a bunch of knowledge or have a big arsenal of different kinds of treatments and exercises. YOU NEED TO CONNECT WITH YOUR CLIENTS FIRST !!!! You need to have them engaged with you , trust you and believe in what you are doing!!! Building this with your client takes inner reflection and practice which we will tackle! A part of this will be exploring with you, your “WHY?”

So in this 1st module , we will look at 3 “ENVIRONMENTS “ to create a successful bond with your clients.

The first environment is the Physical EnvironmentWhat type of physical factors in your facility are enhancing your client's experience? Maybe a few things you didn't realize...

The second environmental factor is your Internal Environment...You ..Your Why? Your reason why you are a clinician. This looks at your mind, your body and your Spirit ! A better you is a better clinician !!!!!

The last environment we will look at is your Behavioral environment . . . what actions do you use to build trust with your clients? From body language, to eye contact, to how you communicate

Episode 2: 10 Points Orthopaedic Screen

10 point orthopedic screen. We'll walk through this 20-30 minute screen. This screen will give you a starting point on where to start your manual therapy and what type of therapeutic exercises and what intensity this exercise should be and more. Also this screen may lead you to dig deeper with further orthopedic testing on specific areas.

Remember just treating someone's pain is not the best way to help your clients get better. Don't get me wrong, decreasing a client's pain is important but finding out the root cause of the pain is more important . In fact many times , the cause of the pain are the joints above and below the area of pain.

This screen will save you time and lead you to where you need to start your treatment and training focus..

For example , I recently evaluated an Olympic weightlifter who was complaining of bilateral knee pain... You know I spent only about 10 % of my time evaluating her knees and the other 90 % I spent evaluating her foot, ankle and hips. Her ankle and hips turned out to be the culprits of her pain and subsequently inhibiting her to lift heavier weights.

Episode 3: Elements/ Factors for Human Function

We will focus most of our time one area , muscle strength or more specifically, the Science of Exercise...

I will answer what are concentric, eccentric contractions and why do we use them in physical therapy and sports performance and how we do it....We will discuss isometrics and their role in physical therapy and sport performance as well as speed of contractions, plyometrics and more.. I will show you all of these type of muscle contractions ALL on the Total Gym Encompass Power Tower.

This Science of Exercise module will lay a great foundation for your practice and possibly change the way you PRESCRIBE exercises here on out!!!! After this module , you will prescribe exercises with specific physical responses in mind!! The days of 3 x 10 for every patient , everyday will be over!!!!

I can guarantee this module will change the way your clients exercise and you will see the results !!!!

Episode 4: Functional Range Conditioning

will discuss the latest science in human range of motion. There is so much here that I am excited to share! For example, Dr. Andrew Spina from FRC which stands for Functional Range Conditioning has brought to light some very amazing much research on the most effective principles to improve human range of motion. We will highlight some of his recent work... as well as look at cupping and dynamic warm up strategies.

This is a game changing module you won't want to miss!!!!

Episode 5-7: Practice the Lectures

Episode 5, 6 and 7 will put the Science of Exercise Seminar into practice.

We will show you how to elicit different physiological responses using different therapeutic prescriptions. One of the added benefits of this FIA Seminar series is that most of the exercise prescriptions that I will be demonstrating will be demonstrating one of my biggest treatment weapons! I have used this in my practice in my 23 years with amazing success... The weapon is the TotalGym RS Encompass PowerTower®!

The PowerTower® has been an integral tool for my success for so many of my clients!! With the PowerTower® I can create so many different physiological responses with just ONE machine! And this includes upper, lower body and core muscles.. The whole body! With the PowerTower® I can treat post-op patients all the way to improving highly fit world class athletes in their sport performance all in 1 machine!

I mean you could literally have a physical therapy practice with just 1 treatment table for manual therapy and a PowerTower® for the therapeutic exercises and be highly successful!

You know, another interesting point about the importance of the PowerTower® is as I have traveled the world, especially in Asia, I have found that space is so so expensive! The PowerTower® needs only 5m² fully functional and just 1m² when folded! What a great space saving idea with great health benefits for Asian facilities.

Specially Module 5 will focus on the therapeutic strengthening strategies for the lower body utilising the PowerTower®. Also in this section, I would like to show a progression of a mock ACL patient utilising the PowerTower® as a practical example....

Then in module 6, we will look at the Science of core training. Many do not understand that there is a science to properly training the core/ lower back region. We will reveal true science on this area and help you treat your lower back patients more effectively. Also at the end, I want to show a possible progression of therapeutic exercises using the PowerTower® for a low back patient..

And finally, in Module 7 we will discuss and demonstrate strengthening strategies for the upper body using the PowerTower®. I will share all the fun and highly effective ways to properly progress your client in gaining upper body strength on the PowerTower®.

Lastly and most importantly included in this seminar series will be some live interaction and question and answer time with me! I can't wait to meet all of you and help you in your growth as a clinician!

So join me and the Fischer Institute Asia on an adventure of a lifetime! An adventure of learning about yourself and learning how you can be a more effective and fulfilled clinician!

Thank you!

**Brett Fischer,
Founder, Fischer Institute Asia (FIA)**

Course Details

Date: Sep 2021 to Feb 2022 (Monthly basis)

Time: TBC by Mentor Brett Fischer

Venue: By ZOOM Meeting

Fees : HKD\$12,000, to be pay directly to Brett Fischer Institute (FIA).
GSBE will not charge any administration fees.

***Please send over your application and we reply to you a link for paypal payment to Fischer Institute Asia.

Application Form for “Fundamental Principles to becoming teh Best Clinician you can be!”

Name (CAPITAL LETTERS): Mr. / Ms. _____

Tel. (Mobile, for whatsapp acknowledgement): _____

Email (For email updates on workshop details): _____

Facility (Hospitals/ Company Name): _____

Facility Address (For posting Certificates): _____

GSBE Global Academy Member, Membership No.: _____

		Unit Price
1	GSBE Global Academy Membership Fee (Valid for 2 years)	<input type="checkbox"/> HKD\$300
2	GSBE Global Academy Member Registration	<input type="checkbox"/> HKD\$12,000
	Non-Member Registration	<input type="checkbox"/> HKD\$13,800
Total:		HKD\$