

## Learn Practice Teach

**Learn** — The student learns the philosophy and principles of the Burdenko Method, and then is shown specific techniques to develop the Six Essential Qualities that exemplify The Burdenko Method. This learning phase is accomplished through written materials, demonstrations, and active participation.

**Practice** — Practice occurs in groups and in pairs, under the supervision of an instructor. Feedback is given by both the partner and the instructors.

**Teach** — After learning how to perform a particular exercise sequence, the student is then asked to teach that sequence to his or her partner. Observations and corrections are given by both partner and instructor

### Learning Objectives

By the end of the course Students should be able to:

Implement and development of a comprehensive rehab, conditioning and training protocol.

Recognize appropriate limitations to water based exercise programs.

List the Physiological effects of the human body during aquatic immersion

Illustrate the progressive levels of difficulty within the Burdenko Method and be able to outline differences in the levels.

Give examples of precautions and contraindications in the use of water exercises.

Organize appropriate treatment plan for the progression of patients and clients through the instructed levels of difficulty.

Compare the effects of water and land exercises in a single session and survey the results over multiple sessions.

Evaluate the efficacy of integrating water and land exercises at different stages of healing, conditioning and training and come up with a conclusion with its outcomes.

Summarize the results in a group discussion

## Beneficiaries from the Burdenko Method

“...It’s fun, it’s really hard work but it’s so different that I’m used to...Igor is so positive and up, that I want to give more and try harder ...and it’s being a great help !” Nancy Kerrigan, 1994 Olympic Silver Medalist

“Once in every few decades, a brilliant innovator makes a quantum leap the way which we can relate to, and care for, our bodies. Igor Burdenko is such a person. His genius lies in discovering the power of water to enhance health, accelerate healing and prevent injury. Dr. Andrew Geller M.D. M.P.H

“ Igor Burdenko brings the knowledge of gravity, physiology and physics to bear in an innovative and highly effective approach to conditioning.” Lawrence R. Young, Sc.D. Apollo Program of Astronautics, MIT.

For my Friend, Igor. Thank you for getting me back on my feet!! I couldn’t have done it without YOU!! Alex Despatie 2008 Olympic Silver medalist

## Who is Eligible to Learn the Burdenko Method?

The Burdenko Certification Programs are open to all health practitioners who have a professional knowledge of anatomy and physiology. These individuals include medical doctors, nurses, physical therapists, physical therapy assistants, occupational therapists, rehabilitation professionals, athletic trainers, personal trainers.

## Fees

Part I, levels 1,2,3

Core Program.....\$850

Part II, Levels 4,5,6

Instructor Certification.....\$850

Master Certification.....\$850

## Faculty

Joe Carroll PT DPT SCS is owner of Cape Cod Rehab and Mashpee Fitness. He uses the Burdenko Method extensively with all types of injuries and athletes from recreational to professional.

Eric Chandler BS CSCS is a Master Instructor of the Burdenko Method and uses the method daily with his clients. Effectively training clients one on one, small groups and leading classes of all abilities for athletes and non-athletes.

## Location and Hotels

The Burdenko Certification will be held at the Mashpee Fitness Center 168 Industrial Dr. Mashpee, MA 02649 USA

Saturday January 19<sup>th</sup> 8:00 AM-6:15 PM  
Sunday January 20<sup>th</sup> 8:00 AM -5:00 PM

There are numerous hotels in the area with travel available. Use your favorite internet travel search engine for best results

## Cancellations

The registration fee, less a \$75 processing fee, is refundable upon written notice at least 4 weeks prior to the program. BCP staff reserve the right to cancel or change the date of the program with due cause and is not responsible for travel lodging expenses

## CEU Credits

Organization	Course	CEUs
BOC	P-845	12.25
ATRI	77110	12
AEA	11023	6

## Contact information

Mashpee Fitness Center  
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Mashpee, MA 02649 USA  
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## BURDENKO CERTIFICATION PART 1

January 19<sup>th</sup>-20<sup>th</sup> 2019

MASHPEE, MA

The Burdenko Method is a unique innovative system for rehabilitation, conditioning, training and injury prevention. Utilizing a combination of water and land exercise as a modality in human performance, the Burdenko Method has been created and developed by Igor N. Burdenko, PhD., based on science, research, principles of fitness intelligence and more than 4 decades of experience in the former Soviet Union and in the United States. There are numerous individuals have benefitted from his rehabilitation training and expertise including world class ballet dancers: Rudolph Nureev, Sarah Lamb, Merrill Ashley; Olympic champions Nancy Kerrigan, Oksana Baiul, Paul Wylie and Alex Despatie, NBA stars Tim Duncan, Allen Houston, and Kevin McHale.

Part one of a two part certification will give the participant a solid introduction into the philosophy, principles and techniques in The Burdenko Method: to show the unique combination of water and land exercises to deal with pain management in Rehabilitation, Conditioning and Training.