



SESSION HANDOUT

“Rockettes-Tested” Prevention with Passion

Elaine Winslow-Redmond MS, ATC, EMT-b
Head Athletic Trainer & Manager of Wellness





SESSION HANDOUT

Presenter

Elaine Winslow-Redmond

Schedule

10 min: Introduction

5 minutes to partner up

60 minutes (10 minutes per section x 6 sections)

15 minutes Q&A

(Total: 2 hours)

Session Objective

- Learn your strengths and weaknesses through a self evaluation
- Learn corrective exercises to avoid injury

History & Background

This session will use the “Rockettes-tested” physical screening methodology to assist participants with a self evaluation. Elaine Winslow-Redmond created this screening for the Rockettes and other performers and applied it to many other professions. She is thrilled to be introducing the Zumba community to this method of injury prevention and self preservation.

2013 ZUMBA INSTRUCTOR CONVENTION

Posture Assessment / Alignment

Observation of Spine
Shoulders Bilateral
Hips Bilateral
Forward Head
Excessive Lordosis

Exercise 1- Posture Correction

Head & Neck ROM

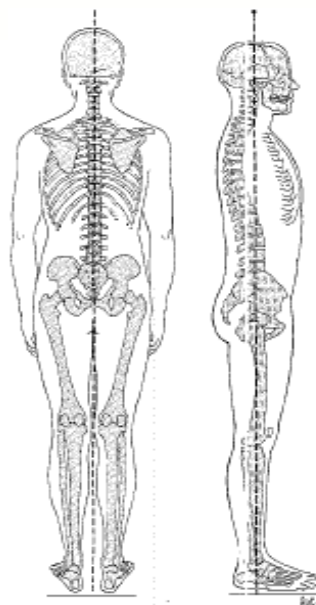
Flexion/Extension
Rotation L/R
Tilt L/R

Exercise 2 – Neck ROM – 1st Rib

Shoulder Strength

Scapula Winging Bilateral
Rotator Cuff
Internal Rotation
External Rotation
Empty Can

Exercise 3 – Rotator Cuff Strength





Abdominal Strength

Single Leg Lift
Single Leg Slide
Single Leg Lift & Extend
Double Leg Lift
Double Leg Lift & Extend

Exercise 4 – Abdominal Strength

Hip/Knee ROM

Kendall Test

Psoas
IT Bands
Quadriceps
Hamstrings
Straight Leg Raise
Knee
Tracking
Single Leg Squat

Exercise 5 – Psoas Stretch

Exercise 6 – IT Band Release

Exercise 7 – Hamstring Stretch

Exercise 8 – Hamstring Strength

Exercise 9 – Quadricep Stretch

Exercise 10 – Quadricep Strength

Exercise 11 – Glute Strength



Foot & Ankle Strength

Proprioception;

*The unconscious perception of movement
and spatial orientation arising from stimuli
within the body itself.*

Exercise 12 – Balance Exercise