



Invitation for Online Webinar

Sunday, January 14^h, 2024

8:00 AM – 10:00 AM and 10:30 AM to 12:45 PM

“Generating Changes in Muscle Morphology, Neuromuscular Capacity and Muscle Function with rehabilitation Training.”

4-contact hours Continuing education webinar

This webinar is divided into two sessions with a short break. Attendance to both sessions is required for continuing education contact hours credit.

About This Webinar:

In-depth clinical seminars, Inc. will provide a virtual learning course titled “Generating Changes in Muscle Morphology, Neuromuscular Capacity and Muscle Function with rehabilitation Training.” which is eligible for four continuing education contact hours via an online webinar. Join us for our first webinar of 2024 as:

Dr. Yakub I Patel, DPT, MSBA, BS, BPhysio will discuss topics such as:

- Science behind adaptive changes in the morphology and architecture of human skeletal muscle
- Research on how changes contribute to the marked increase in maximal contractile muscle force and power that can be seen with resistance (strength) training.
- Explore the training induced improvements in skeletal muscle size/architecture and neuromuscular function are translated into improved performance.
- Core-strength exercises to enhance spinal functions.
- Strengthening, stretching, balance, and aerobic exercises for LE muscles
- Specific modes of exercise training most effective for UE disorders

Three Ways to Complete Your Registration:

1. **E--MAIL:** yakubyousof@gmail.com.
2. **MAIL:** In-depth Clinical Seminars
17306 Cambridge Place Tinley Park, IL 60487
3. **ONLINE:** www.indepthseminars.com

Registration Fees:

Single Registrant: \$ 60 per person
Groups of 2 or More: \$ 55 per person

PAYMENT BY CREDIT CARD OR PRE-MAILED CHECK ONLY.

Webinar Instructions:

This webinar will be presented virtually via Zoom. Prior to the meeting, you need to [download free zoom platform](#) to your PC, MAC, iOS, or Android to utilize its capabilities.

One day before the webinar, an email will go out to all those who register to attend the course. The email will contain important information including the meeting ID # and password. It will also contain course handouts and a link to complete the post presentation evaluation for CE credit.

Dr. Yakub I. Patel, DPT, MSBA, BS, B Physio, is the owner and CEO of Yousuf Enterprises, Inc. and In-depth clinical seminars, Inc. He is a highly experienced clinician with over 40 years in the field and is a life member of the American Physical Therapy Association. He holds undergraduate degrees in physical therapy and health occupations education and a graduate degree in business administration and a doctoral degree in Physical Therapy. He has worked in all clinical settings including hospitals, rehabilitation centers, out-patient clinics, and industrial rehabilitation facilities. Over the years he has developed unique ways to thoroughly investigate available research to support clinical tests and therapeutic approaches. He has been an ardent advocate of evidence-based practice.

In-depth Clinical Seminars, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulations. License #: 216-000230. This educational offering qualifies for 4 CE contact hours.