



ERS KERWA

Exercise Rehabilitation Specialist
사단법인한국운동재활복지협회

교육시간: A.M. 10:00 ~ P.M. 06:00

CET-Correction (32T)

DST-Dynamic Stabilization (24T)

* 목차

1. 국가 • 등록민간자격

2. ERS 운동재활전문지도사

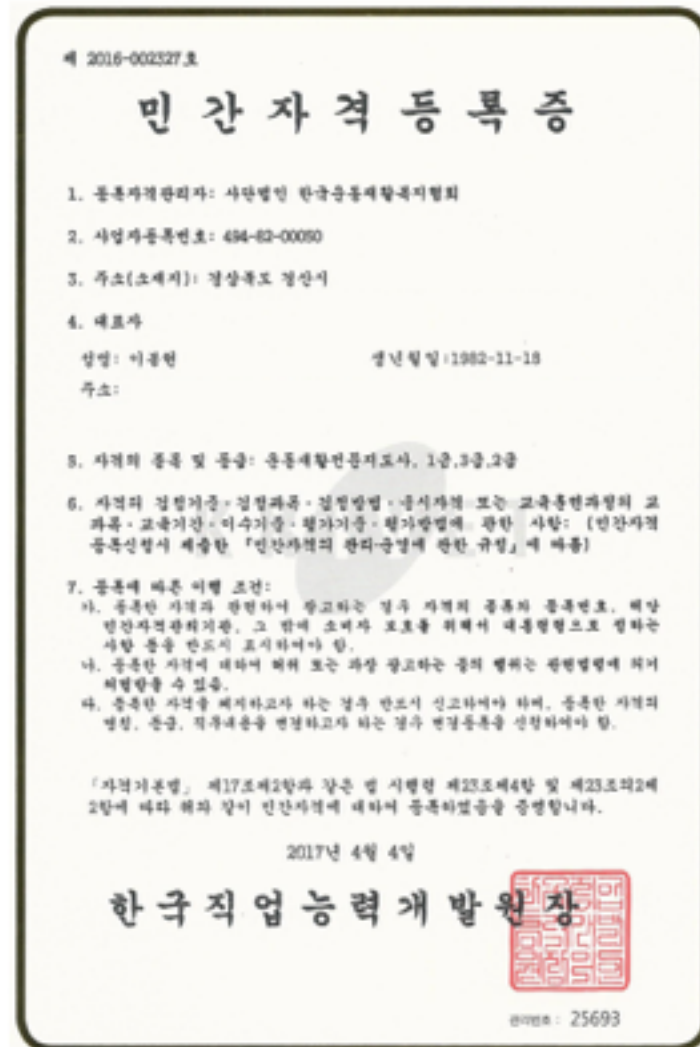
- 3급: CET-Correction 교정운동 (FA,MP,CM,TP)
- 2급: DST-Dynamic Stabilization 동적안정화(Injury, Coordination)
- 1급: 2급 취득 후 현장경험 3년 또는 필기, 실기 검정

3. 교육커리큘럼

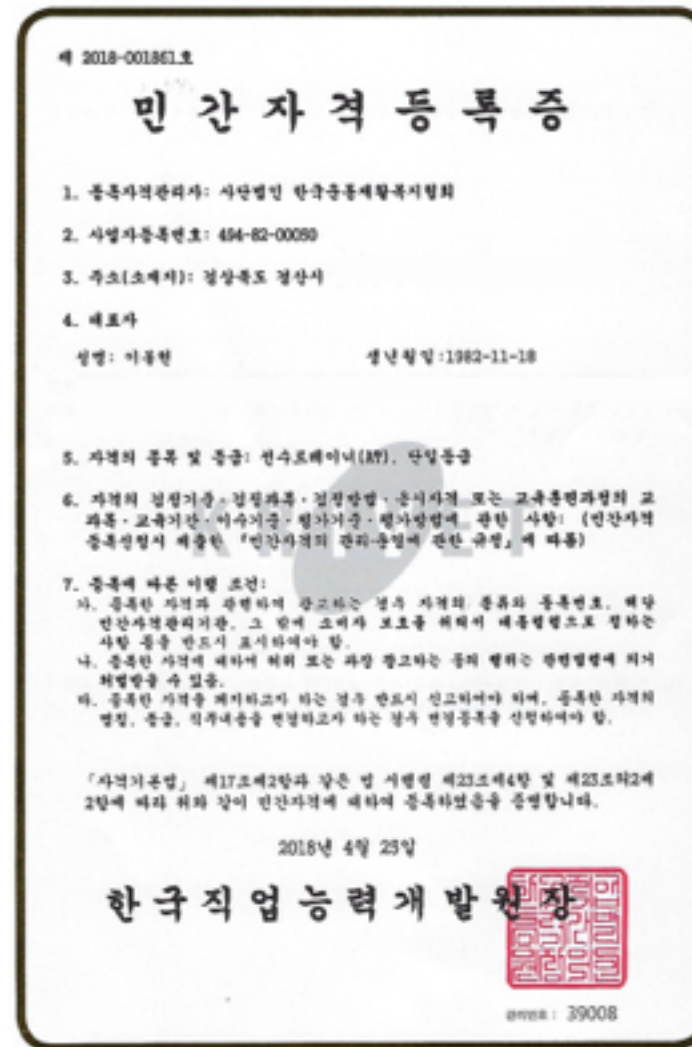
4. 자격증 활용



1. 국가 · 등록민간자격



운동재활전문가 ERS



선수트레이너 ATC



2. 운동재활전문지도사 ERS

3-1. Exercise Rehabilitation Specialist

자격번호: 제2016-002327호 한국직업능력개발원 등록

스포츠손상: 외상, 골절, 염좌, 탈구, 건막염 등. (엘리트스포츠)

체형불균형: 거북목, 골반비대칭, 휜다리, 척추측만 등

만성통증: 어깨, 팔 - 다리, 근막통증 등

건강유지: 예방

E.F.A COURSE

- 인체 관절의 기본 구조와 기능 / 상지, 하지 통증 증후군
- 몸통뼈대(Axial skeleton) : 근육과 관절의 상호작용
- 사지뼈대(Appendicular skeleton) : 근육과 관절의 상호작용

M.P.S COURSE

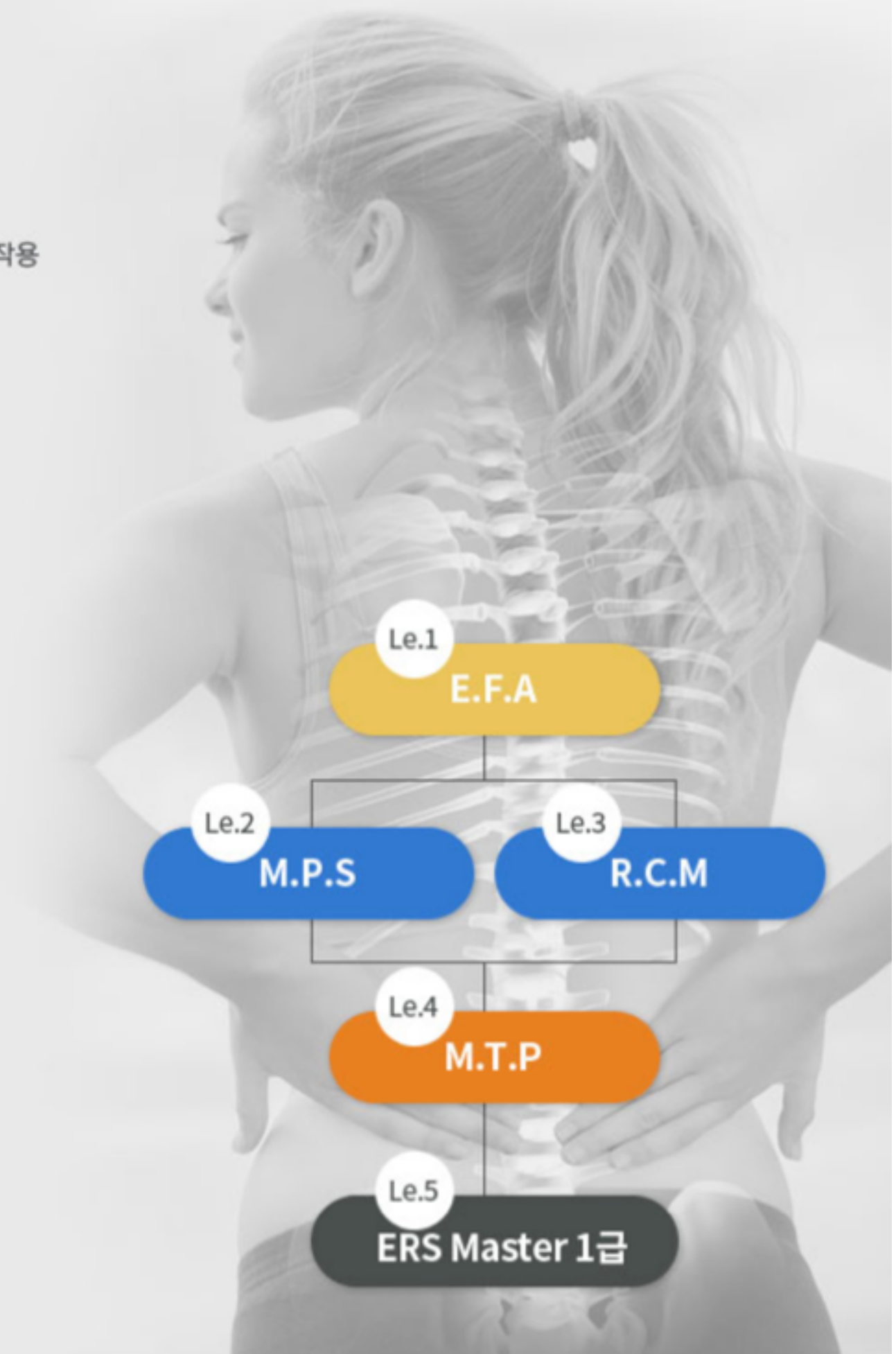
- Spring test : SP - tensional - Listings
- Bony Palpation - Range of Motion
- Special test

R.C.M COURSE

- Neutral alignment Cognition
- 코어 안정화 단계별 운동 이해, 실습
- shoulder girdle

M.T.P COURSE

- Muscle Trigger point
 - Supine position
 - Prone position



3. 교육커리큘럼(3급 EFA 필수기능해부학)

EFA COURSE (필수기능해부학)

E.F.A COURSE



1. 인체 관절들의 기본 구조와 기능
2. 팔(Arm) - 어깨 복합체(Shoulder Complex)
3. 팔(Arm) - 팔꿈치와 아래팔(Elbow and forearm)
4. 팔(Arm) - 손목(Wrist)
5. 몸통뼈대(Axial skeleton): 근육과 관절의 상호작용
6. 다리(Leg) - 엉덩관절(Hip joint)
7. 다리(Leg) - 무릎(Knee)
8. 다리(Leg) - 발목과 발(Ankle and foot)
9. 사슬반응(Chain Reactions)
10. 목통증 증후군(Cervical Pain Syndromes)
11. 상지통증 증후군(Upper Extremity Pain Syndromes)
12. 요통 증후군(Lumbar Pain Syndromes)
13. 하지 통증 증후군(Lower - Extremity Pain Syndromes)
14. 체형불균형 평가 Side Type A, B, C, D 이해 실습

3. 교육커리큘럼(3급 MPS 전신 뼈 랜드마크 촉진)

MPS COURSE (척추가동성)

M.P.S COURSE

1. 체형진단 전•후, 좌•우, 견갑대, 흉각 Neutral alignment 이해
2. 교정운동의 시작 Neutral alignment Cognition
3. Core Neutral Setting Breath Technic
4. 전신 뼈 랜드마크 촉진(Bony Landmark Palpation)실습: L/E, U/E
5. 관절의 가동범위(Range of Motion)움직임 패턴, 상호 보완적 움직임 평가
6. 자세,균형 보행분석 : Gait Analysis - Lower body, Upper body
7. Spring test: SP - tensional
8. Listings(후방,회전,측굴변위): Cervical, Thoracic, Lumbar - full spine
9. Pelvic Motion Palpation: Ilium-AS(후방좌골), Ilium-PI(후방장골)
Ilium-int.(내방장골), Ilium-ext.(외방장골)
10. Special test:
 - ① MLT - Thomas Test for Hip Flexor(하지전방)
 - ② MLT - SLR Test(하지후방)
 - ③ MLT - 허리네모근(QL)Test
 - ④ Piriformis Syndrome Test
 - ⑤ Hawkins-Kennedy test
 - ⑥ Pelvic deviation stretching

3. 교육커리큘럼(3급 RCM 재활교정운동)

RCM COURSE (재활교정운동)

R.C.M COURSE



1. 교정운동의 시작 Neutral alignment Cognition

- ① 측면 체형불균형 평가 Side Type A, B, C, D 이해 실습
- ② 코어 안정화 Core Neutral Setting exercise 이해, 실습

2. Core Neutral Setting exercise(10)

- ① Hip Side Stabilization
- ② Back Side Stabilization
- ③ 교정운동 Quadripedal 이해, 실습
- ④ 교정운동 Corrective Bridge 이해, 실습
- ⑤ 교정운동 Corrective Lunge 이해, 실습
- ⑥ 교정운동 Corrective Deadlift 이해, 실습
- ⑦ 교정운동 Corrective Squat 이해, 실습
- ⑧ 교정운동 Half kneeling 이해, 실습
- ⑨ 교정운동 One leg standing 이해, 실습

3. shoulder girdle

4. shoulder manual

5. Knee / O leg

6. Spinal scoliosis

3. 교육커리큘럼(3급 MTP 통증 유발점)

MTP COURSE (근트리거포인트)

M.T.P COURSE



1. Supine position

- ① Joint Vibration: Ankle - Dorsi, Planter / Wrist - Dorsi, Planter
- ② Occiput: C1 release (1차선.2차선)
- ③ Scalene: DFM(release)
- ④ Upper trapezius: stretch
- ⑤ Levator scapular: DFM - stretch
- ⑥ Pectoralis: Major DFM, Minor DFM
- ⑦ Humerus: inf. gliding.
- ⑧ Shoulder joint mobilization: Humerus int. / Humerus ext.
- ⑨ Elbow joint mobilization: Humerus int - ulnar ext. /
Humerus ext, -ulnar int.
- ⑩ Psoas: release
- ⑪ Abdominal: Tensional release
- ⑫ Hip joint mobilization: Femur int. / Femur ext.
- ⑬ Ankle joint mobilization: Tibia ext. - Tibia int. /
Tibia int. - Tibia ext.

2. Prone position

- ① Levator scapulae: DFM
- ② Supraspinatus: DFM
- ③ infraspinatus, Teres minor DFM
- ④ Rhomboids: DFM
- ⑤ Scapular: Backward compression
- ⑥ Lumbar mobilization: facet locking
- ⑦ Gross rotation stretch: Uppr body / Lower body

3. 교육커리큘럼(2급 DST-Dynamic Stabilization)

1. Foot Toe Pathologies

- 1) Clinical Anatomy
- 2) Possible Pathology based on the Location of Pain
- 3) Examination Map
 - ① HISTORY
 - ② INSPECTION
 - ③ PALPATION
 - ④ Joint and Muscle Function Assessment
 - ⑤ Passive Extension ROM
 - ⑥ Muscle Manual Test
 - ⑦ Joint Stabilization Test
- 4) Neurologic Examination
- 5) Influence of Foot Structure on Pathology



3. 교육커리큘럼(2급 DST-Dynamic Stabilization)

2. Ankle and Lower Pathologies

- 1) Clinical Anatomy
- 2) Possible Pathology based on the Location of Pain
- 3) Examination Map
 - ① HISTORY
 - ② INSPECTION
 - ③ PALPATION
 - ④ Muscles Contributing to Uniplanar Foot and Ankle Movements
 - ⑤ Joint and Muscle Function Assessment, ROM
 - ⑥ Muscle Manual Test
 - ⑦ Stress Test
 - ⑧ joint Play Test
- 4) Neurologic Testing
- 5) Vascular Assessment



3. 교육커리큘럼(2급 DST-Dynamic Stabilization)

3.Knee Pathologies

1) Clinical Anatomy Possible Pathology

2) based on the Location of Pain

3) Examination Map

① HISTORY

② INSPECTION

③ PALPATION

④ Determination of Intracapsular versus Extracapsular Swelling

⑤ Joint and Muscle Function Assessment, ROM

⑥ Joint Stability Tests(-Stress testing, -Joint play assessment)

⑦ Pathologies of the Knee and Related Special Tests

4) Patellofemoral Joint

5) Patellofemoral Pain with Malalignment

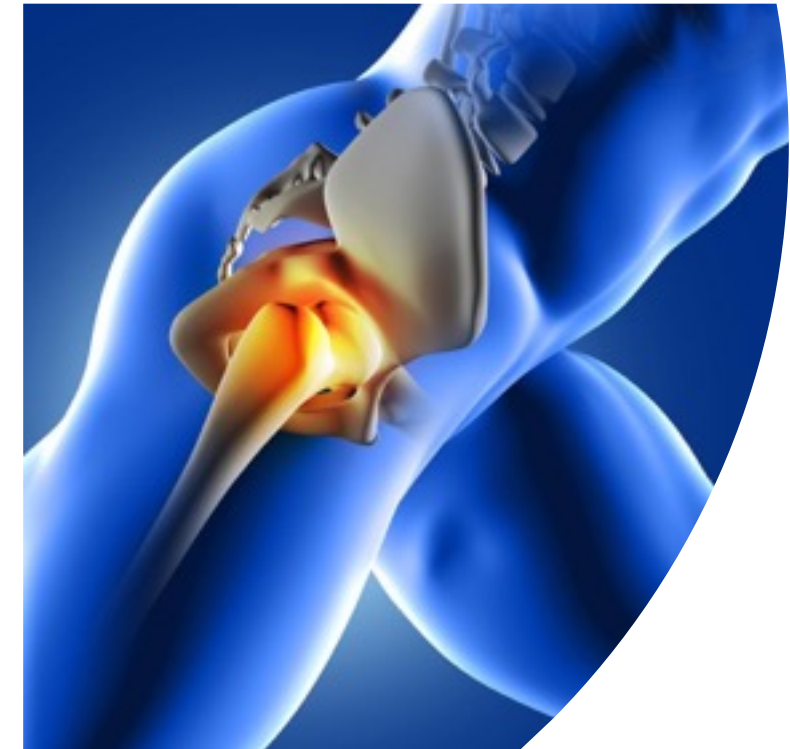
6) Patellofemoral Instability



3. 교육커리큘럼(2급 DST-Dynamic Stabilization)

4. Pelvis and Thigh Pathologies

- 1) Clinical Anatomy
- 2) Possible Pathology based on the Location of Pain
- 3) Examination Map
 - ① HISTORY
 - ② INSPECTION
 - ③ PALPATION
 - ④ Joint and Muscle Function Assessment, ROM
 - ⑤ Muscle Manual Test
 - ⑥ Pathologies and related Special tests
- 4) Etiological Factors Contributing to the Development of Hip Osteoarthritis



3. 교육커리큘럼(2급 DST-Dynamic Stabilization)

5.Thoracic and Lumbar Spine Pathologies

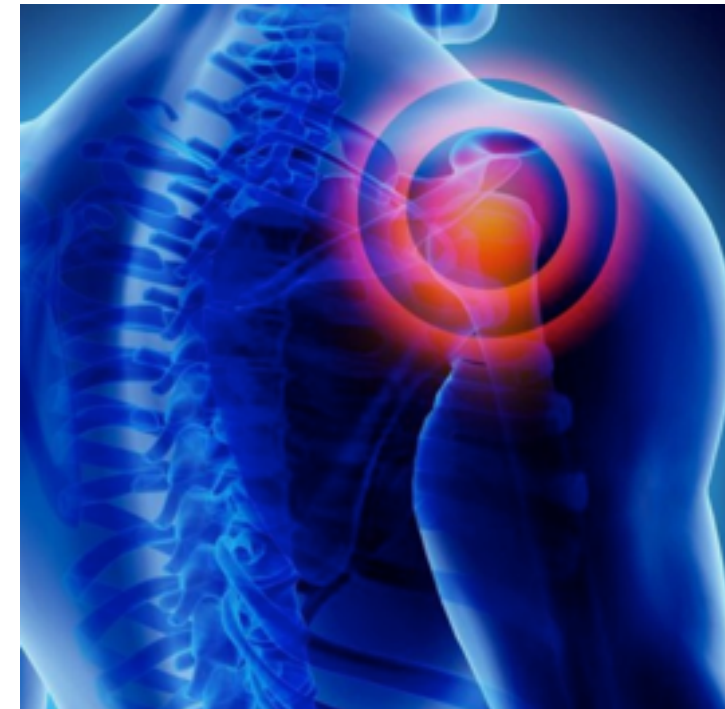
- 1) Clinical Anatomy
- 2) Possible Pathology based on the Location of Pain
- 3) Examination Map
 - ① HISTORY
 - ② INSPECTION
 - ③ PALPATION
 - ④ Joint and Muscle Function Assessment, ROM
 - ⑤ Muscle Manual Test
 - ⑥ Neurologic Testing
 - ⑦ Pathologies and related Special tests
- 4) Segmental Instability
- 5) Sacroiliac Dysfunction



3. 교육커리큘럼(2급 DST-Dynamic Stabilization)

6.Shoulder and Upper Arm Pathologies

- 1) Bony Anatomy
- 2) Joints of the Shoulder Complex
- 3) Muscles of the Shoulder Complex
- 4) Examination Map
 - ① HISTORY
 - ② INSPECTION
 - ③ PALPATION
 - ④ Joint and Muscle Function Assessment, ROM
- 5) Glenohumeral Instability
- 6) Traumatic Anterior Instability
- 7) Acute Posterior Dislocation
- 8) Rotator Cuff Pathology
- 9) Biceps Tendon Pathology
- 10) Elbow Joint Pathologies



4. 운동재활전문가 활용

체형교정 및 운동재활 센터

보건복지부 발달재활 사업

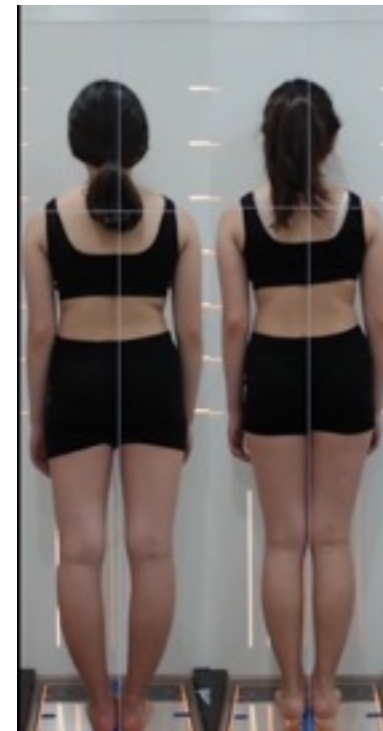
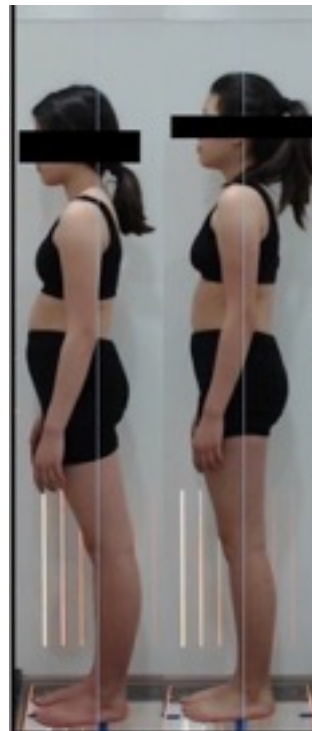
보건복지부 사회서비스 사업

교육부 치료지원 사업

방·과 후 전문 강사

건강·복지 관련 전문강사

스포츠센터 전문강사



❖ MOU 대학 단체

표 1

협약단체 자격비용	
10명~ 12명(3급)	600,000원
13명~14명(3급)	550,000원
15명~16명(3급)	500,000원
17명~20명(3급)	450,000원
21명 이상 ~24명까지 최대(3급)	390,000원
교재비 포함	
10명 이상(2급)	200,000원

❖ 3급자격 과정을 이수 후 2급자격을 취득할 수 있습니다.