

# KAATSU CERTIFICATION COURSE FOR THERAPISTS



## KAATSU CERTIFICATION FOR HEALTHCARE PROFESSIONALS

PHYSIOTHERAPISTS, OCCUPATIONAL  
THERAPISTS, CHIROPRACTORS  
OSTEOPATHS, KINESIOLOGISTS,  
REHABILITATION ASSISTANTS,  
PERSONAL & ATHLETIC  
TRAINERS

KAATSU training involves performing low-load exercise while externally-applied pneumatic bands gently reduce venous bloodflow from working muscles. Using KAATSU with low loads mimics the physiological conditions of a heavy workout, stimulating the central nervous system to release growth hormone and other beneficial metabolites. Proven effective and safe over 50 years of clinical use, KAATSU allows people of all ages to gain strength with less effort.

Take an in-person KAATSU certification course from 7~10 p.m. on Tuesday, October 10th. Presented by KAATSU Specialist Mark Kawabe, you will learn how to safely and effectively apply KAATSU for enhanced rehabilitation, recovery, and performance.

Investment: **\$300 + G.S.T.**, including all course materials, KAATSU Book, & certification test

Early Bird (Before Sept. 21): **\$250 + G.S.T.**

Course Outline: <https://kaatsu.ca/kaatsu-training-for-therapists/>

**Location: Innovation Physical Therapy West Henday,**  
876 Webber Greens Dr. NW, Edmonton  
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with Mark Kawabe, [mark@kaatsu.ca](mailto:mark@kaatsu.ca), 289-241-3080



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