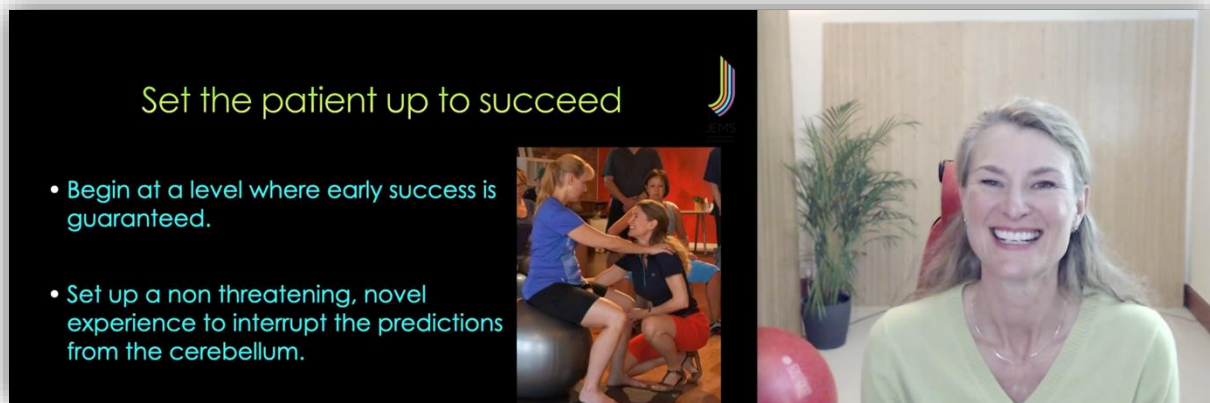


## FAQs

### Is the online programme really as good as the face to face?

Face to face JEMS® courses are always special experiences, however the online programme has proven to be even better for the initial learning of the content and successful transmission into clinical practice.

There is a vast amount of information in each course, and with the increased time availability online, participants can absorb the lecture content more deeply and comprehensively at a more relaxed pace. The professionally produced practical technique videos have enabled Joanne to demonstrate in great detail, with close ups and camera angles for precise handling and cuing, and over the 16 weeks of the programme they can be revisited and reviewed as participants integrate the concepts and techniques into practice with their patients



The feedback from people who have done both versions, as well as those for whom this is the first JEMS® experience has spoken for itself:

*"When I attended the JEMS® part one in person, I remember that by the end of day 2, my brain couldn't take in any more information. In contrast, the online experience was superb as I could go at my own pace, re-watch lectures and exercise videos time and again until I truly understood the principles."*

Juliette Hinchcliffe, Physiotherapist, 2021

*"The fact that I can go back over things I have heard and rewind and make notes was invaluable. The ability to go and treat patients in between and try things out and revisit videos / content was great."*

Participant, Physiotherapist, 2021

*"The online format was really effective. The interface used for the lectures/ resources content was really easy to use and visually friendly and the live zoom sessions were great to exchange and reflect as a group. I really did not feel that I was losing anything"*



*from not being able to do the course face to face. I actually think we would not have got so much out of it. The time to reflect and digest the information was precious and essential."*

Maite Delafin Osteopath, 2021

*"I really loved the online format; being able to pace myself with the videos, rewatch as needed, do it on my own time--I would want to do it in the same way the next round."*

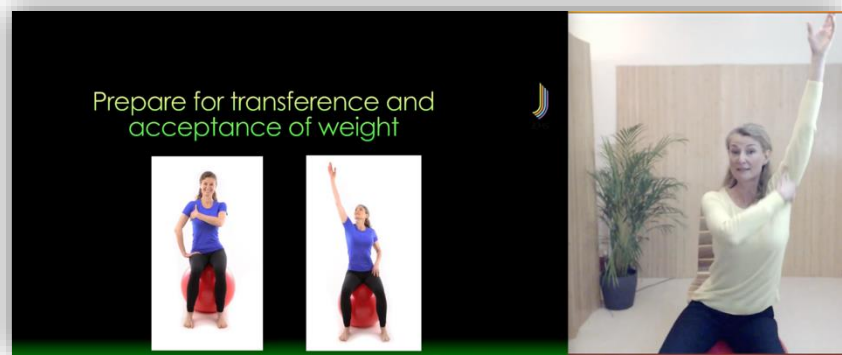
Liz Hunter, Physiotherapist, 2020

*"Great to be able have time to practice between the live sessions."*

Marie Berntsson, Physiotherapist, 2021

### **What if I miss a live event due to illness or circumstances beyond my control?**

We understand that these things sometimes happen. To ensure that you do not miss the learning in a live event, we record each one for anyone who has missed the event to be able to review.



### **Do I have indefinite access to the JEMS® Academy resources?**

From the Initial onboarding event, you will have 20 weeks of on demand access to all the online resources to enable you to comfortably learn the material and review it in your own time.



### **What if I need help or support?**

The private Facebook group will become a trusted place for you to share your triumphs and challenges, access peer support and discuss points of interest. The JEMS® teaching team monitors the group, and also makes sure that any technical support questions are addressed as quickly as possible.

### **What do I get for completing Programme 1?**

On completion of the programme you will be recognised as having achieved your JEMS® Level 1.

## What's next?

Once you have completed Movement ART Programme 1, you will have the opportunity to continue your development in the JEMS® process with Programme 2. This continuation lets you relax and have fun as the new learning lands on the foundations that you established in Programme 1.

Programme 2 will build on your existing learning, polishing your clinical reasoning and observation skills and progressing your knowledge base.

You will explore dynamic lower limb concepts such as agility and shock absorption, force and load sharing, and the fascinating, versatile upper limb, incorporating reflex activation, local and global integration, the dance between dynamic stability and mobility, multijoint coordination, embodiment and somatic influences.

The whole body comes together as a unified whole, and you will be confident to effectively treat an even wider range of patients.

On completion of Programme 2, you will have the opportunity to join the select body of JEMS® Certified Clinical Rehabilitation Practitioners. You can book your examination once you have worked with the concept for six months after finishing Programme 2.

*"It's difficult to explain the relief/ joy/ excitement/ gratitude of finding a method that engages me on so many levels."  
AC, Physiotherapist, UK*