

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement



Injury Prevention for Police Officers

May 12th, 2026

0830-1630 Hrs

The Body Shop

1406 6th St.

Charleston, Il. 61920

Submit enrollment to:

Registration form at

www.mtu13.com

Purpose of the Course: This course has been designed to assist departments in reducing injuries that occur as a result of personal, professional, and training endeavors.

Course Description and Goals: This eight hour Injury Prevention course is designed specifically for law enforcement. This part lecture, part hands-on physical course will assist any trainer or officer in acquiring new skills for injury avoidance, including the following:

Age and fitness level concerns

Pre-rehabilitation exercises

Prevention of knee and back injuries

Rotator cuff

Regimens to improve flexibility, weakness, and muscle imbalance

Update on basic exercise techniques

Regimens for the less active law enforcement officer

User friendly exercises for the older officers

Goals:

To learn and perform specific exercises to prevent LE related injuries.

Course Prerequisites: This course will be offered to sworn law enforcement officers, and others approved by NEMRT, who provide instruction to law enforcement. The physical demands and pace of the course requires that each participant has an adequate level of fitness and is physically capable of participation.

Observed Mandates Include:

Officer Wellness

James Di Naso is co-owner of Police Kinesiology Company and serves as the company's Police Performance Director. Over the past several years, he has traveled to academies and agencies all over the United States training thousands of federal, state, county and city law enforcement officers. He is a nationally recognized subject matter expert on law enforcement physical preparation. James is also a sought after speaker and has presented at several state, national and international



law enforcement conferences including ITOA, ASLET, and ILEETA. He has authored many articles on police specific fitness for national publications and has a featured video series on policeone.com and bluetube.

Prior to focusing his efforts on training law enforcement officers, James worked for 25 years as a sports performance coach training athletes at every level including professional athletes from the NFL, NBA and MLB. He served as the Executive Sports Performance Director for Velocity Sports Performance in Willowbrook IL and has owned and operated his own performance training business for 23 years. James holds a Masters' Degree in Exercise Science from Eastern Illinois University and professional certifications from the National Strength and Conditioning Association, and the United States Weightlifting Federation.