

Running Injuries & Advanced Lower Extremity Biomechanics



We are pleased to announce a clinical education course scheduled for your area!
A course description has been attached.

DATES: March 24-25, 2012

INSTRUCTORS: Jennifer Shamus, PT, PhD, COMT, CSCS

LOCATION: NovaCare-Downtown (Metro) Center
720 E. Broad Street
Columbus, OH 43215

TARGET AUDIENCE: PT's, PTA's

INSTRUCTIONAL LEVEL: Intermediate

TUITION: \$395 Waived for full time employees of Select Medical's Outpatient Division

COURSE CAPACITY: 25

CONTACT HOURS: 11.75

ACCREDITING BODIES: Approved provider with NATBOC, AOTA & pending approval with the FL PT Association

ENROLLMENT: <http://selectedu.selectmedicalcorp.com/registration.aspx> or contact apsiegel@selectmedical.com for an application form

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email apsiegel@selectmedicalcorp.com.

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Please distribute to all clinicians in your markets that do not have access to email or the intranet.

Select Medical Department of Outpatient Education
1794 N. Parham Road, Richmond, VA 23229
Phone: (804) 290-0107 Fax: (717) 635-3897

Running Injuries & Advanced Lower Extremity Biomechanics

Course Description:

This course is designed to assist the clinician in identifying contributing factors to a running injury and safely return the athlete to running. It will review the biomechanics of the lower extremity during walking and running. Evaluation and treatment techniques will be practiced in a lab setting with an emphasis on addressing joint and soft tissue mobility restrictions through manual therapy techniques and exercise.

Target Audience: PT, PTA, ATC

Instructional Level: Intermediate

Learning Objectives:

At the conclusion of this course, the participant will:

- Describe the biomechanics of the lower quarter during walking and running

- Perform a biomechanical evaluation of the lower quarter

- Apply knowledge of biomechanics to treatment of common lower extremity injuries (add tricks to your bag)

- Describe the six sources of symptoms in runners

- Design a safe and effective return to running program

Agenda:

- 8:00 Welcome and Introductions
- 8:10 Review of terminology, anatomy, Abnormal biomechanics
- 9:30 Break
- 9:45 Lab: Biomechanical LE Evaluation
- 12:00 Lunch
- 1:15 Lab: Gait Analysis
 - Biomechanics of running
 - Six sources of symptoms
 - Shoewear and orthotics
 - Lab: Strengthening exercises and dynamic stretching
 - Lab: Running analysis
- 5:30 Adjourn

Day 2

- 8:00 Treatment tips for LE injuries
- 9:00 Lab: Muscle energy/strain-counterstrain/joint mobilization/active pump
- 10:15 Break
- 10:30 Return to running programs & Marketing ideas
- 12:00 Lab: Injured runner and case study presentations
- 1:15 Q&A wrap up, course evaluations
- 1:30 Adjourn

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Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 11.75 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

Ohio Physical Therapy Association



ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.

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