

Day One

8:00	8:15	Introduction/Overview
8:15	9:45	Biomechanics of Running
		<ul style="list-style-type: none"> • Mechanical efficiency • Ground reaction forces • Running posture • Foot strike patterns
9:45	10:00	Break
10:00	11:00	Etiology and Epidemiology of Common Running Injuries
		<ul style="list-style-type: none"> • Impact forces • Over-pronation • Running surface • Hip and pelvis control
11:00	12:00	Physical Examination of the Injured Runner I (lab)
		<ul style="list-style-type: none"> • Runner specific subject hx • Static alignment examination/ Foot mobility • NWB/WB provocation tests
12:00	1:00	Lunch (on your own)
1:00	2:00	Tissue Stress and Adverse Running Mechanics
		<ul style="list-style-type: none"> • Tissue stress theory • Differential diagnosis • Common injuries
2:00	3:30	Physical Examination of the Injured Runner II (lab)
		<ul style="list-style-type: none"> • Flexibility screening • NWB/WB functional strength assessment • Application for Rx
3:30	3:45	Break
3:45	4:45	Treatment Algorithm- Shoes, Orthotics and More
		<ul style="list-style-type: none"> • Running shoe design and prescription • Determining need for orthotics • Over-the-counter vs custom orthotics
4:45	6:00	Taping Pearls for a Running Population (lab)
		<ul style="list-style-type: none"> • Modified low-dye arch taping • Reverse 6 anti-pronation taping • Achilles tendonitis taping
6:00	6:15	Review and Questions

Day Two

8:00	9:00	Principles of Video Gait Analysis for Runners
		<ul style="list-style-type: none"> • Equipment and instrumentation • Video imaging software • Minimizing errors • Primary observation views
9:00	10:00	Video Analysis of the Running Gait (lab)
		<ul style="list-style-type: none"> • Systematic, progressive examination of cases • Global vs joint-specific measures • Key factors to consider • Importance of patient interaction
10:00	10:15	Break
10:15	11:00	Treatment of Adverse Running Mechanics
		<ul style="list-style-type: none"> • Functional strength exercises • Stretching and joint mobility • Carry-over to running form
11:00	12:00	Gait Retraining for Injured Runners
		<ul style="list-style-type: none"> • Cadence manipulation • Running softly • Incorporating retraining into workouts
12:00	1:00	Lunch (on your own)
1:00	2:00	Age-related Changes in Running Form
		<ul style="list-style-type: none"> • Tissue physiology and mechanics • Altered running form • Changes in injury likelihood and location
2:00	3:00	Running Volume: Before and After Injury
		<ul style="list-style-type: none"> • Volume and intensity • Speed-work • Return-to-running progression
3:00	3:30	Summary and Questions

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2010 Dates & Locations

March 13-14
San Ramon, CA

April 24-25
Westminster, CO

May 22-23
Tacoma, WA

September 25-26
Richmond, VA

November 13-14
Waukesha, WI

Call 1-800-300-5512 or Go online to:

www.healthclick.com/courses/nas06.cfm
for hotel and course location information. Future course dates & information are added weekly!

This course is 15 contact hours/1.5 ceus.

18 contact hours/1.8 ceus for therapists licensed in Florida, North Carolina and the District of Columbia

Certificates of attendance for CEU verification are provided after successful completion of the course.



IL Provider #216000074 | BOC provider #P2047
AOTA Provider #4487

NAS courses are approved by the IDPR for physical therapists in Illinois. IL Provider # 216000074. This course meets the continuing education requirements for physical therapists in the States of Wisconsin, Missouri, Washington, Oregon, Montana, Alaska, Idaho, Utah, Rhode Island, Colorado, Massachusetts, Connecticut, New Hampshire, North Carolina, Virginia and Vermont. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.5 CEU's for physical therapy continuing competency license renewal requirements in the state of California. Approval # PTNAS-0126. This course has been submitted to the Nevada State Board of Physical Therapy Examiners for 1.5 units of continuing education. This course has been approved by the FPTA for ceu approval for Florida licensed physical therapists. BOC provider # P2047.

The Running Course

The Next Step



Presented by
Bryan Heiderscheit, PT, PhD
and
Scott Straker, PT, MS, SCS, ATC

North American Seminars, Inc.
1-800-300-5512
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www.healthclick.com

About The Educator

Bryan Heiderscheit, PT, PhD is an Associate Professor in the Departments of Orthopedics & Rehabilitation and Biomedical Engineering at the University of Wisconsin-Madison. Dr. Heiderscheit is co-director of the Neuromuscular Biomechanics Laboratory at the University of Wisconsin-Madison and director of the Runners' Clinic through the University of Wisconsin Sports Medicine Clinic. His research is aimed at understanding and enhancing movement coordination as it relates to injury and aging, with recent projects focused on the mechanisms of hamstring strain injuries and running-related injuries. Support for his research includes the NFL Medical Charities and the National Institutes of Health, where he completed a clinical research scholars program as part of a KL2 Award.

Dr. Heiderscheit received his physical therapy training at the University of Wisconsin-La Crosse and his doctorate in biomechanics from the University of Massachusetts. He currently teaches the biomechanics and research content in the Doctor of Physical Therapy Program at the University of Wisconsin-Madison. In addition to his teaching and research responsibilities, Dr. Heiderscheit maintains an active clinic practice specializing in the diagnosis and treatment of running-related injuries.

Dr. Heiderscheit was awarded the 2007 Margaret L. Moore Award for Outstanding New Academic Faculty Member by the American Physical Therapy Association. He was the 2008 recipient of the Mentor Award from the Wisconsin Physical Therapy Association and the inaugural Distinguished Alumni Award from the University of Wisconsin-La Crosse Physical Therapy Program in 2009. Dr. Heiderscheit is an Associate Editor for the *Journal of Orthopaedic and Sports Physical Therapy* and serves as a manuscript reviewer for several additional sports medicine and biomechanics journals. He is an active member of the American Physical Therapy Association.

Scott Straker, PT, MS, SCS, ATC is a physical therapist and Director of the Sports Physical Therapy Residency Program for Gundersen Lutheran Sports Medicine in Onalaska, WI. Dr. Straker is a 1989 graduate of the Program in Physical Therapy at the University of Wisconsin-La Crosse and has been a certified athletic trainer for 20 years following the completion of an internship program at Utah State University. He has served as lecturer and adjunct faculty at the University of Wisconsin-La Crosse Department of Physical Therapy. He currently is serving as Chair of the APTA Committee on Post Professional Residency and Fellowship Program Credentialing and Vice-Chair of the Residency special interest group within the Sports Physical Therapy Section. His clinical interests center on the assessment of lower extremity dysfunction with an emphasis on the use of clinical biomechanical evaluation techniques in the treatment of running athletes. He is an active runner having completed 20 plus marathons and numerous road races. Scott was honored with the Lynn Wallace Clinical Educator of the Year Award by the Sports Physical Therapy Section in 2007.

Why You Should Attend This Course

This two-day advanced course describes a comprehensive approach to the evaluation, diagnosis and treatment of running-related injuries. The current best evidence is integrated throughout the lecture discussions and laboratory exercises to provide participants with the information needed to achieve superior outcomes. An emphasis is placed on the importance of running mechanics as it relates to performance and injury potential. A thorough physical examination incorporating the tissue stress model is described to promote an effective differential diagnosis approach. Considerable time is devoted to describing the use of video gait analysis as part of the clinical decision making process, as well as strategies to successfully modify the running gait. Age-related alterations in running technique are discussed to enable the clinician to better recognize abnormal mechanics and develop patient-specific intervention strategies. Scientifically-based information is presented regarding the use of foot taping, off-the-shelf and custom orthoses and shoe wear with a treatment algorithm describing their clinical use. Case studies are used throughout the course to illustrate concept application. The overall course objective is to provide each participant with an understanding of the current knowledge pertaining to the evaluation and treatment of running injuries, with techniques that can be immediately applied in clinical practice.

Course Objectives

- Describe the mechanical factors that influence running form and performance.
- Describe the current evidence regarding running impacts and foot pronation as they relate to running injuries.
- Understand the individualistic nature of the running form and the need to avoid common generalizations in injury management.
- Conduct a thorough physical examination of an injured runner incorporating aspects of the tissue stress theory.
- Make appropriate running shoe recommendations and determine the need for foot orthotics.
- Utilize and perform common foot and ankle taping techniques as part of the clinical decision making process.
- Determine the proper equipment to conduct a video running analysis and identify factors that can influence its accuracy.
- Perform a systematic and comprehensive video analysis of an individual running.
- Understand how to integrate findings from the physical examination and video analysis to determine appropriate injury management.
- Develop rehabilitation exercise programs for common running-related injuries, such as patellofemoral pain and iliotibial band syndrome.
- Describe the benefits of running form modification as part of the rehabilitation strategy.
- Understand the biomechanical changes associated with the gait of older runners and the resulting influence on treatment considerations.
- Identify training-related risk factors for running injuries and an appropriate return-to-running program.

Registration Form

The Running Course

Tuition: \$425.00

Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.