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This course is 15 contact hours/15 CCU's/ 1.5 ceus
 Certificates of attendance for CEU verification are provided
 after successful completion of the course.
18 contact hours/1.8 ceu's for therapists licensed in
 New York, Illinois or the District of Columbia

This course is applicable for PT, PTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 15 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Running Injuries

Examination, Differential Diagnosis and
 Treatment Interventions



Presented by
Jeff Taylor-Haas,
 PT, DPT, OCS, CSCS

PT, PTA, and AT -
 Continuing Education Course

North American Seminars, Inc.
 1-800-300-5512 Fax 1-800-310-5920
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		Day One		
7:30	8:00	Registration		
8:00	8:45	Core and Lower Extremity Anatomy Review		
		<ul style="list-style-type: none"> Subtalar joint as quarterback of the foot & ankle Relate principles of lower extremity anatomy to running biomechanics 		
8:45	9:45	Walking vs. Running Biomechanics		
		<ul style="list-style-type: none"> Compare walking kinematics to running kinematics The effect of ground reaction forces on running gait 		
9:45	10:00	Break		
10:00	11:00	Effects of Gender Speed and Strike Patterns on Running Biomechanics		
		<ul style="list-style-type: none"> An evidence based approach 		
11:00	12:00	Runner's Biomechanical Examination (Lecture)		
		<ul style="list-style-type: none"> Evidence-based lower extremity evaluation Hip, knee, foot & ankle evaluation 		
12:00	1:00	Lunch (on your own)		
1:00	2:30	Lab Session I: Running Biomechanical Examination		
		<ul style="list-style-type: none"> Postural assessment Functional tests for neuromuscular strength and control Systematic lower extremity examination Core strength and endurance 		
2:30	3:00	How to Perform a Running Gait Analysis (lecture)		
		<ul style="list-style-type: none"> Step-by Step instruction performing a 2-D running gait analysis Qualitative and quantitative gait analysis 		
3:00	3:15	Break		
3:15	4:00	Gait Retraining (Lecture)		
		<ul style="list-style-type: none"> Visual gait retraining Auditory gait retraining 		
4:00	6:30	Gait Retraining (Lab)		
		<ul style="list-style-type: none"> Auditory gait retraining to enhance form and function Visual gait retraining to enhance form and function Running related drills to enhance form and function 		

		Day Two		
8:00	9:00	Evidence-Based Evaluation & Treatment of Common Running Injuries		
		<ul style="list-style-type: none"> Achilles tendonitis vs. Achilles tendonosis Plantar heel pain 		
9:00	10:00	Evidence-Based Evaluation & Treatment of Common Running Injuries		
		<ul style="list-style-type: none"> Patellofemoral Syndrome Illiotalband Syndrome Medial Tibial Stress Syndrome 		
10:00	10:15	Break		
10:15	11:00	Evidence-Based Treatment of Common Running Injuries		
		<ul style="list-style-type: none"> Stress Fractures: intrinsic & extrinsic risk factors Greater trochanteric pain syndrome Femoral acetabular impingement 		
11:00	12:00	Running Shoes vs. Barefoot Running		
		<ul style="list-style-type: none"> Features of 3 classes of running shoes Barefoot running Evidence-based running shoe prescription 		
12:00	1:00	Lunch (on your own)		
1:00	2:00	Gait Analysis Case Studies		
		<ul style="list-style-type: none"> Synthesize and apply learned material Determine and apply evidence-based interventions 		
2:00	2:15	Break		
2:15	2:45	Evidence-Based Runner Specific Functional Exercise Lecture		
		<ul style="list-style-type: none"> Muscle activation studies Running-specific functional exercise progression 		
2:45	3:15	Case Studies & Exercise Prescription Lab		
		<ul style="list-style-type: none"> Synthesize and apply material to specific cases Review running-specific functional exercises 		
3:15	3:30	Question and Answers		

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About the Educator

Jeff Taylor-Haas, PT, DPT, OCS, CSCS is a sports physical therapist at Cincinnati Children’s Hospital Medical Center in Cincinnati, Ohio. Dr. Taylor-Haas obtained a Master of Physical Therapy degree from Saint Louis University in 2004, a Doctorate of Physical Therapy Degree from Temple University and is a board certified specialist in orthopedic physical therapy from the American Physical Therapy Association. He is also a Certified Strength & Conditioning Specialist from the National Strength & Conditioning Association and is an Adjunct Faculty member at the College of Mount Saint Joseph in Cincinnati, Ohio for the department of physical therapy.

Dr. Taylor-Haas has co-authored several peer-reviewed journal publications and a book chapter on the topics of running mechanics, running injuries, and foot & ankle injuries unique to the pediatric athlete. He has presented his research and educational findings at a variety of local, regional and national conferences, including APTA’s Combined Section Meetings Conference. Jeff treats runners and athletes of all ages and all levels of competitiveness. He specializes in performing a 2-D video gait analysis, fabricating orthotics, performing a functional lower extremity biomechanical examination and providing all patients with a comprehensive, evidence-based treatment approach. An avid runner, Dr. Taylor-Haas has completed multiple marathons and half-marathons, including the Boston Marathon, and has a special interest in running injury prevention.



Why You Should Attend This Course

This two-day intermediate level lecture and hands-on laboratory course will provide the clinician with the most recent evidence-based practice guidelines for the examination, differential diagnosis and treatment interventions for running-related injuries. New research on how to accurately diagnose and treat plantar heel pain, Achilles tendinosis, Achilles tendonitis, patellofemoral syndrome, iliotibial band syndrome, stress fractures and muscular strains will be reviewed. An emphasis on the utilization of video gait analysis as a key diagnostic and treatment tool will be incorporated throughout the course. Hands-on laboratory break-out sessions will focus on performing a functional biomechanical examination specific to runners, fabricating orthotic devices, and performing and interpreting selected special tests for the hip, knee and ankle with an emphasis on their application to runners. Case studies will be utilized throughout the course to illustrate key concepts. This interactive course will allow course participants to enhance their diagnostic, examination and treatment skills of injured runners. The overall course objective is to provide course participants with a thorough understanding of running biomechanics and the most recent evidence-based practice guidelines in order to effectively and efficiently enhance the quality of patient outcomes. **This newly updated course will highlight the emerging science of running gait retraining and provide in-depth pointers on how best to implement these techniques with your patients and clients.** A comprehensive course packet will include pictures, references and clinical pearls for quick reference in the clinic.

Course Objectives

Upon completion of this course, participants will be able to:

- Explain the relationship between lower extremity anatomy and physiology and running biomechanics.
- Perform an independent and accurate functional runner-specific lower extremity evaluation.
- Discuss normal running mechanics and apply this understanding to successfully treating injured runners.
- Identify and apply the latest evidence-based approaches to evaluating and treating the following common running injuries: plantar heel pain, Achilles tendonopathy, medial tibial stress syndrome, stress fractures, chronic exertional compartment syndrome, patellofemoral syndrome, iliotibial band syndrome and lateral hip pain.
- Perform an independent assessment of a running two-dimensional video gait analysis with emphasis on breaking down a runner’s form from the anterior, lateral and posterior views.
- Analyze and correlate biomechanical examination findings with a two-dimensional video gait analysis in order to apply evidence-based running-specific exercises to treat the runner’s biomechanical impairments.

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Running Injuries



Send tuition to: North American Seminars, Inc.
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 All this information is required in order to process a registration

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 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.