

**Visit www.healthclick.com
for course dates
and locations**

The Running Course®

Master Level Training for Peak Performance



Presented by
Jeff Taylor-Haas,
PT, DPT, OCS, CSCS
PT, PTA, OT and AT -
Continuing Education Course
North American Seminars, Inc.
1-800-300-5512 Fax 1-800-310-5920
www.healthclick.com

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

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

www.healthclick.com and Select Registration from the
main menu. Search by course name for more info & course dates.

BOC provider #P2047

TX Provider 1907038TX | AOTA provider # 4487

This course is applicable for PT, PTA, OT, COTA and AT. 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 therapist assistant licensure renewal in Texas for 15 CCU's for the Approval period: 7/1/2016-6/30/2019. The assignment of Texas PT CCU's does not imply endorsement of specific content, products, or clinical procedures by TPTA or TBPTA.

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 Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New York, North Carolina, North Dakota, Ohio, Oregon, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia 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, NY, ND, UT, VA, WA, WI and WY. BOC provider # P2047, category A, call for BOC evidence-based status.

Day One

7:30	8:00	Registration
8:00	8:45	Epidemiology & Running Injury Risk Factors <ul style="list-style-type: none"> • Exploration of Age, Gender, & Competitive Status • Can we prevent running injuries?
8:45	9:30	Role of Loading & Tissue Capacity in Injury Prevention & Treatment <ul style="list-style-type: none"> • Acute-to-Chronic Workload • Assessment of the "10% Rule"
9:30	9:45	Break
9:45	10:30	Advanced Running Biomechanics <ul style="list-style-type: none"> • Kinematics & Kinetics • Effects of age, gender, speed, & strike pattern on form
10:30	11:15	Peak Performance: Improving Running Economy <ul style="list-style-type: none"> • Strength Training • Running Biomechanics
11:15	12:00	A Runner-Specific Clinical Examination <ul style="list-style-type: none"> • Hypothesis-Driven • Evidence-Based
12:00	1:00	Lunch (on your own)
1:00	2:30	Lab: Runner-Specific Clinical Examination Laboratory <ul style="list-style-type: none"> • Hypothesis Driven • Functional Testing • Muscle Activation & Joint Mobility Assessment
2:30	2:45	Break
2:45	3:45	Gait Analysis: From Theory to Clinical Practice <ul style="list-style-type: none"> • 2D vs. 3D Gait Analysis • Step-by-Step Set Up & Clinical Implementation
3:45	4:30	Running Gait Retraining <ul style="list-style-type: none"> • Pros & Cons • Identifying & Correcting the Main Error
4:30	6:15	Lab: Gait Analysis & Running Gait Retraining <ul style="list-style-type: none"> • Clinical Implementation • Case Studies

Day Two

8:00	8:45	Special Consideration for Youth Running Injuries <ul style="list-style-type: none"> • Gender & Maturation Specific Considerations • The role of running form • Gait Retraining
8:45	9:30	Bone Stress Injuries in Runners <ul style="list-style-type: none"> • Differential Diagnosis • Criterion-Based Progression
9:30	9:45	Break
9:45	10:30	Tendinopathy Injuries in Runners <ul style="list-style-type: none"> • Load Management • Criterion-Based Progression
10:30	11:15	Management of Common Knee Injuries <ul style="list-style-type: none"> • Anterior Knee Pain/PFPS • IT Band Syndrome
11:15	12:00	Management of Common Hip Injuries <ul style="list-style-type: none"> • Gluteal Tendinopathy • FAI Syndrome
12:00	1:00	Lunch (on your own)
1:00	2:15	A Runner-Specific Treatment Approach <ul style="list-style-type: none"> • Incorporating Motor Learning • Exercise Selection • Cuing based on stage of motor learning
2:15	2:30	Break
2:30	3:30	Lab: Exercise Prescription & Return to Sport Decision-Making <ul style="list-style-type: none"> • Evidence & Criterion-Based • Incorporating physical & psychological test results
3:30	3:45	Question & Answer, Course Wrap Up

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 in 2011 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 Mount Saint Joseph University 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 3-D and 2-D video gait analysis, movement retraining, 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

We are in the midst of a second running boom. With the popularity of running exploding so too has an epidemic of injury. The expectations to get your runners back out on the road, trails, or track can be stressful for the sports medicine team, not to mention the client. It is essential to be up-to-date on the clinically relevant and evidence-based evaluation and treatment approaches for injured runners to maximize functional outcomes in a safe and timely manner.

This hands-on, two-day advanced course aims to provide clinicians with the most up-to-date skills and knowledge required to evaluate and treat all common running injuries. Recent research is integrated with clinical reasoning to provide each course attendee with a practical, effective, evidence-based approach. A special emphasis will be placed on integrating running biomechanics, clinical examination, and load management findings into a comprehensive, criterion-based rehabilitation program for returning your runner to their peak performance. In addition, careful consideration of the role that motor learning plays in designing running gait retraining programs will be examined. Each course attendee will leave with both didactic and hands-on assessment tools to make informed, evidence-based rehabilitation and return-to-running decisions. The strategies taught in this advanced course will enable course attendees to provide their patients and clients with the highest quality of care that achieves excellent outcomes and value.

Case studies will be utilized throughout the course to illustrate key concepts. This interactive will allow course participants to enhance their diagnostic, examination and treatment skills of injured runners of all ages and abilities. The overall course objective is to provide attendees with a thorough frame-work to make informed decisions that will enable the course attendee to become an asset in your community to runners, physicians, and coaches. A comprehensive course packet will include pictures, references and clinical pearls for quick reference in the clinic.

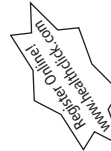
Course Objectives

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

- Identify the intrinsic and extrinsic risk factors for sustaining a running-related injury.
- Assess the roles of physiological capacity and tissue loading on the design of an evidence-based injury prevention and return-to-run program.
- Perform a thorough assessment of running gait and provide re-education utilizing motor learning theory where appropriate.
- Perform a comprehensive, hypothesis-driven lower extremity evaluation unique to runners and integrate findings with gait analysis results to design a comprehensive, running-specific injury management program.
- Prescribe criterion-based strength and conditioning programs designed specifically to alter pathology, reduce pain, and enhance performance in runners of all ages and abilities.
- Integrate the latest research findings into clinical practice to treat bone stress injuries, tendinopathy, patellofemoral pain syndrome, iliotibial band syndrome and other conditions commonly seen in both adult runners and youth runners.
- Design and develop a comprehensive return-to-running program utilizing the latest advances in running and load management research.

HaasADV18

The Running Course® Master Level *



Send tuition to: North American Seminars, Inc.
2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com

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.

Name _____ Profession _____

Home Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp.date _____ CW _____ Phone _____

e-mail _____

Location of attendance _____

All this information is required in order to process a registration