

# EFFECTIVE PREVENTION & TREATMENT OF RUNNING INJURIES

Please select a date & location:  LONG ISLAND - Aug 18  ROCKVILLE CENTRE - Aug 19  MANHATTAN - Aug 20  
 TOMS RIVER - Sep 2  PRINCETON - Sep 3  PARSIPPANY - Sep 4

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Single Registrant .....	\$199	\$219
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5 or more** .....	\$179 ea.	\$199 ea.

\*Registrations received 10 days prior to seminar date.  
\*\*Price per person when registering at the same time.

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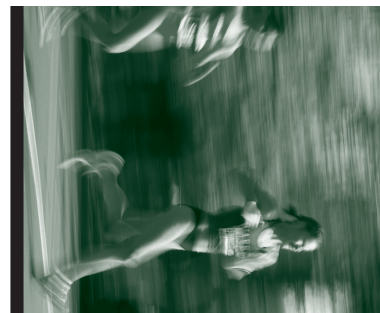
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**Effective Prevention  
& Treatment of  
Running Injuries**  
Utilizing Multiple Therapeutic Techniques  
to Improve Recovery & Performance

Methods for successful therapeutic management of runners, including  
Therapeutic Kinesiology, Elastic Taping, Russian EMS, massage, passive ROM, plyometrics, and more!

- ◆ Intrinsic and extrinsic risk factors that predispose a runner to injury
- ◆ The differences in musculoskeletal injuries for each type of runner (competitive, youth, seniors, etc.); develop effective treatment plans for each population
- ◆ Assimilate creative therapeutic techniques into your practice for aggressively rehabilitating injured runners and preventing re-injury
- ◆ When to apply muscular endurance vs. muscular strength according to clients' individual needs
- ◆ Design rehabilitation regimens to prevent deconditioning and get clients back into shape quickly and safely

Long Island, NY - Aug 18

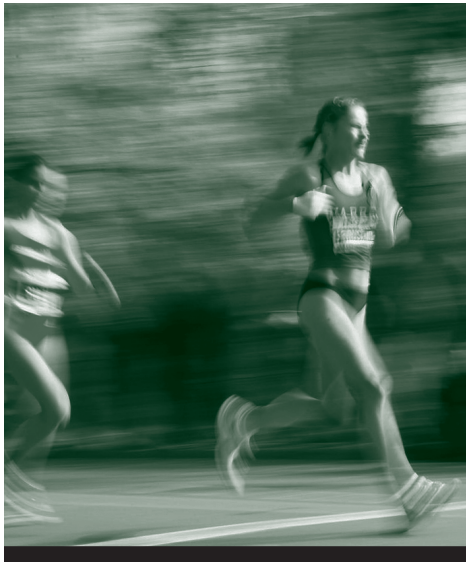
Rockville Centre, NY - Aug 19

Manhattan, NY - Aug 20

Toms River, NJ - Sep 2

Princeton, NJ - Sep 3

Parsippany, NJ - Sep 4



# Effective Prevention & Treatment of Running Injuries

*Utilizing Multiple Therapeutic Techniques to Improve Recovery & Performance*

## Real Solutions for Rehabilitating Runners

Running is extensively characterized as an effective and efficient form of aerobic or anaerobic exercise, known to escalate cardio-pulmonary function and endurance. However, running often causes inflammation, micro-trauma, and various other injuries to the musculoskeletal system, which result in interruptions to training regimens and personal fitness goals. Rehabilitation professionals in many different settings are faced with the challenge of treating runners with any one of a multitude of acute to chronic injuries caused by this pastime. For many of these clients, whether they run as a hobby or competitively, their top priority is getting back “on track” as quickly as possible—thus creating an even bigger challenge to treatment planning.

Rehabilitating and training athletes and other runners requires a complete understanding of pertinent anatomy, common injuries, and a variety of conditioning drills for runners. This one-day seminar provides the opportunity to develop effective strategies for aggressively treating common running-related injuries; preventing deconditioning and re-injury; and improving running speed and strength. Course participants will explore manual techniques and specific regimens for the core and upper and lower extremities to maintain or increase cardio-pulmonary endurance during the healing process. Through multiple hands-on lab sessions, interactive lecture, and multimedia technology, this class provides attendees with a solid grasp of “what to do and how to do it,” including more creative options, when faced with various running injuries. The instructor’s enthusiasm and passion for the content is truly infectious, so attendees leave with not only practical approaches and new techniques to implement immediately, but also an optimistic, fresh approach to healing and rehabilitating running-injured clients.

## Course Director

**DARRELL LOCKET, MAT, ATC/L, LMT, CSCS, NSCA-CPT, GT Provider**, is a Licensed Athletic Trainer and Massage Therapist, Certified Strength and Conditioning Specialist, Certified Personal Trainer, and trained in Therapeutic Kinesiology Taping Method and the Graston Technique® with over a decade of experience rehabilitating, strength training, and conditioning athletes for a variety of musculoskeletal injuries. Mr. Locket is the Owner/Director of ABz-Solute, LLC, “The Musculoskeletal Specialist,” in Jacksonville, Florida. He previously served as the Strength and Conditioning Coordinator and/or Head Athletic Trainer for Lincoln University of Pennsylvania where the Men’s and Women’s Track and Field Teams have combined for 17 NCAA Division III National Championships.

Mr. Locket completed his Bachelor of Science and Master of Arts in Teaching degrees in Physical Education with an emphasis in Sports Medicine from the University of West Alabama. He also attended the Utah College of Massage Therapy to expand his overall knowledge of bodywork therapy and holistic approaches to healing. In addition, Mr. Locket holds certifications and/or memberships as an Athletic Trainer, Certified from the National Athletic Trainers’ Association; a Certified Strength and Conditioning Specialist and Certified Personal Trainer from the National Strength and Conditioning Association; a Graston Technique® Provider; and a PerformTex™ Kinesiology Taping Provider. Mr. Locket’s unique combination of education, experience, and passion translates into highly innovative and effective rehabilitation solutions.



## Course Hours

**7:30 AM** - Registration (*Coffee/hot tea provided*)

**8:00 AM - 3:30 PM** - Seminar

(*One-hour break for lunch on your own.*)

### Late Arrivals or Early Departures:

See "Amended Certificates" information under Continuing Education Credit.

## What You Should Bring

Please wear loose, comfortable clothing and running/athletic shoes for the lab portion of the seminar.

Attendees are encouraged to bring:

- a massage table
- lotion
- linens
- kinesiology tape (optional)

## Who Should Attend

Athletic Trainers, Physical Therapists, Physical Therapist Assistants, Strength and Conditioning Specialists, Exercise Physiologists, Occupational Therapists, Occupational Therapy Assistants, Massage Therapists, Personal Trainers, Orthopedic and Sports Medicine Physicians, and Physiatrists

## Dates & Locations

### LONG ISLAND - AUG 18, 2015

Hilton Garden Inn Riverhead

2038 Old Country Rd, Riverhead, NY 11901 631-727-2733

### ROCKVILLE CENTRE - AUG 19, 2015

Best Western Mill River Manor

173 Sunrise Hwy, Rockville Centre, NY 11570 516-678-1300

### MANHATTAN - AUG 20, 2015

Millennium Broadway Hotel New York

145 W 44th St, New York, NY 10036 212-768-4400

### TOMS RIVER - SEP 2, 2015

Clarion Hotel and Conference Center

815 Route 37, Toms River, NJ 08755 732-341-2400

### PRINCETON - SEP 3, 2015

Holiday Inn Princeton

100 Independence Way, Princeton, NJ 08540 609-520-1200

### PARSIPPANY - SEP 4, 2015

Sheraton Parsippany

199 Smith Rd, Parsippany, NJ 07054 973-515-2000

*"Darrell is a natural and passionate motivational speaker who is highly skilled clinically. He was very instrumental in several of our championship teams and ensured the safety and health of our athletes."*

Cyrus D. Jones, NCAA Hall of Fame Coach  
Lincoln University, PA

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## COURSE CONTENT

### EVALUATING THE INJURED RUNNER

- Determining what is wrong
  - biomechanical abnormality
  - pes planus
  - pes cavus
- Intrinsic factors to consider
  - hip flexor and extensor stretching
  - calf and shin stretching
- Extrinsic factors to consider
  - running shoes
  - training
  - warm-up
  - core strength
  - nutrition

### INDIVIDUALIZED TREATMENT OF COMMON RUNNING INJURIES

- Varied symptoms and therapeutic recommendations specific to each population of runners for the following injuries/conditions:
  - lower extremity
    - Achilles strain, bursitis, and tendinitis
    - heel pain and plantar fasciitis
    - neuroma
    - shin splints
    - ankle sprain
    - stress fractures of the tibia, fibula, and foot
    - patellofemoral pain syndrome
    - hamstring and quadriceps strain
    - popliteus tendinitis
    - iliotibial band syndrome
    - gastrocnemius and soleus strain

- back pain
  - common problems resulting in back pain
  - mechanical imbalance
  - limb length discrepancy
  - pelvic imbalance
  - spinal curvature
  - degenerative disk

### HANDS-ON LAB: NON-TRADITIONAL THERAPIES AND SOFT TISSUE MANIPULATION FOR AGGRESSIVE REHABILITATION

- Gait and posture re-education to reduce the domino-effect
- Combining passive range of motion (ROM) with Russian electronic muscle stimulators (EMS)
- Massage therapy for lymph flow
- Manual eccentric resistance for greater development in muscle size and strength
- Therapeutic Kinesiology Elastic Taping techniques for various situations
  - the 24-hour healing process
  - gate control theory
  - mobility
- Contraindications to consider

### HANDS-ON LAB: PREVENTING DECONDITIONING WITH THE HEALING PROCESS

- Applying Therapeutic Kinesiology Elastic Taping techniques
  - for common running injuries
  - for performance enhancement
- Common problems encountered when injury occurs

- Maintain or increase performance /or fitness level
- Training the energy systems—five components of physical fitness
- Regimens for cardio-pulmonary system
  - core
  - upper extremity
  - lower extremity

### HANDS-ON LAB: COACHING STRATEGIES FOR PLYOMETRIC EXERCISE

- Preventing injury/re-injury in varying client populations
  - muscular endurance vs. muscular strength
  - beginners' routine
  - intermediate routine
  - advanced routine
  - considerations specific to client type/population: athletes, teenagers, seniors, women, men, etc.

*\*This course content is not intended for use by participants outside the scope of their license or regulation.*

## What You Will Learn

- Determine intrinsic and extrinsic risk factors that may predispose a runner to injury
- Assess and examine the differences in running-related injuries seen in competitive runners versus fitness enthusiasts and other groups
- Identify specific therapeutic exercise regimens to meet the needs of each type of client
- Design manual rehabilitation protocols and strategies based on individual goals and objectives
- Discover non-traditional techniques that can positively impact the treatment of running-related injuries
- Recognize which types of stretching and muscle adaptation are most appropriate for runners and when they should be implemented
- Discuss the importance of preventing deconditioning during the healing process
- Develop and implement a safe and effective conditioning/plyometric regimen for developing proper running mechanics and preventing re-injury

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## CONTINUING EDUCATION CREDIT

If you do not see your respective state listed, please review your rules/regulations as many states have reciprocal agreements with other state boards/associations.

**Athletic Trainers:** Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.



**Certified Strength and Conditioning Specialists/Certified Personal Trainers:** NSCA approved 0.6 CEUs for certificants attending this event. Aprvl# D1035. While participation has been approved for CEUs, approval does not allow participants to apply information outside of NSCA certificants' scope of practice.

**NSCA CEU APPROVED**

**Exercise Physiologists:** The American College of Sports Medicine's Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2013-December 31, 2016). Providership # 650699. This Continuing Education offering meets the criteria for 6 credit hours of ACSM Continuing Education Credit.



**Massage Therapists:** Cross Country Education, LLC. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal. Provider #450123-06. This course is offered for 6 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.



**Occupational Therapists, Occupational Therapy Assistants:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.



### Physical Therapists, Physical Therapist Assistants:

**New Jersey:** This program has been approved for 6 continuing education credits by the New Jersey Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants (Approval #092-2014).

**New York:** Cross Country Education is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider for physical therapy and physical therapist assistant continuing education. This seminar is awarded 7.2 contact hours.

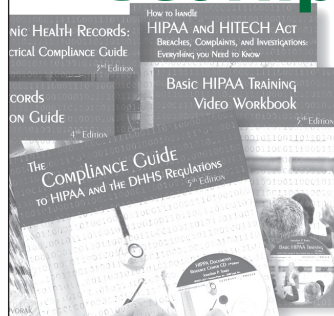
**Other Professions:** This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All Professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended Certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

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