

FUNCTIONAL REHABILITATION & PREVENTION OF COMMON RUNNING INJURIES

Please select a date & location: ☐ CHARLOTTE - Apr 16

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*Registrations received 10 days prior to seminar date.

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Functional Rehabilitation & Prevention of Common Running Injuries

- ◆ Basic biomechanics of running
- ◆ Risk factors that may predispose a runner to injury
- ◆ Causes and symptoms of the most common running injuries
- ◆ Evidence-based strategies for treatment of running injuries
- ◆ Lab sessions: video analysis of biomechanics and dysfunctions, warm-up and cool-down exercises, and functional screening for evaluation and treatment of the runner

Charlotte, NC - Apr 16

Raleigh, NC - Apr 17



Continuing education available for Certified Strength and Conditioning Specialists, Exercise Physiologists, Personal Trainers, Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, and Athletic Trainers.

Functional Rehabilitation & Prevention of Common Running Injuries

Treating Common Running Injuries

The popularity of distance running is on the rise in the U.S., primarily because of the increased awareness of the health benefits of regular aerobic exercise. The growth of this running population has, in turn, led to an increased incidence of running-related injuries. An average 150-lb runner competing in a marathon absorbs approximately 12 million pounds of impact. These forces placed on the runner's body often result in injury.

This one-day seminar provides healthcare and fitness professionals with skills and strategies to evaluate, manage, treat, and prevent the most common running-related injuries. Participants will understand the biomechanics of running and risk factors that contribute to running injuries. Participants will examine current research regarding conservative methods of treatment for these injuries. Through hands-on lab you will learn how to perform a functional screen of the injured runner and apply the results to rehabilitation and injury prevention. Participants will leave this course with a better understanding of how common running injuries occur in order to better evaluate the runner and design more effective rehabilitation and injury prevention programs.

Course Director

JONATHAN E. GALLAS, PT, DPT, CSCS, is a licensed Physical Therapist and Certified Strength and Conditioning Specialist with 9 years of experience rehabilitating runners, 20 years of competitive running experience and 5 years of triathlon experience. Dr. Gallas is the Facility Manager of Accelerated Rehabilitation Centers in Belvidere, Illinois, located 90 miles west of Chicago. He specializes in rehabilitation of orthopedic and sports injuries, advises local runners at Runner's Image and PEAK Sports Club in Rockford and Belvidere, and treats runners from many local running groups. Dr. Gallas has spoken to various running groups in the Rockford area regarding injuries, injury prevention, and biomechanics and has also taught courses at Rock Valley College. He has been a Certified Strength and Conditioning Specialist since 2005, allowing him to work with more athletes. He currently provides rehabilitation services to two high schools in Belvidere, Illinois.

Dr. Gallas received his Bachelor of Arts degree from Augustana College in Rock Island, Illinois, where he competed in varsity track and field and cross country for four years. He received his Master's Degree and Doctorate in Physical Therapy from St. Ambrose University in Davenport, Iowa. Dr. Gallas also completed manual therapy training at the North American Institute of Orthopedic Manual Therapy, which he integrates into his treatment of runners. Dr. Gallas is currently in the dissertation phase of his PhD in Physical Therapy from Nova Southeastern University in Ft. Lauderdale, Florida. His dissertation involves research on the potential relationship between lumbar segmental instability and distance running. Dr. Gallas is an active member of the American Physical Therapy Association Sports, Orthopedic, and Research Sections, and the National Strength and Conditioning Association.

*Very clinically-relevant information
and excellent videos during lab.*

Dana Douglass, PT
Scottsdale, AZ

Connect with Us!



COURSE CONTENT

BIOMECHANICS OF RUNNING

- ◆ Basic biomechanics of running
- ◆ Phases of running
 - stance
 - initial contact/heel strike
 - mid-stance
 - terminal stance/toe off
 - swing
 - initial swing
 - terminal swing
 - double-float
- ◆ Foot-strike patterns
- ◆ Running methods—POSE, Chi, Barefoot
- ◆ Surface

RISK FACTORS FOR DEVELOPMENT OF RUNNING INJURIES

- ◆ Mileage
- ◆ Intensity
- ◆ Surface
- ◆ History of previous injury
- ◆ Biomechanical factors
- ◆ Anatomic factors
- ◆ Non-risk factors

COMMON RUNNING INJURIES—SYMPTOMS AND CAUSES

- ◆ Patellofemoral pain syndrome
- ◆ Iliotibial band friction syndrome
- ◆ Plantar fasciitis
- ◆ Medial tibial stress syndrome
- ◆ Achilles tendinitis
- ◆ Stress fractures
- ◆ Patellar tendinopathy

FUNCTIONAL SCREEN (LAB)

- ◆ Standing examination
- ◆ Dynamic/functional examination
- ◆ Gait analysis
- ◆ Running gait video analysis
- ◆ Table exam

BIOMECHANICS (LAB)

- ◆ Identification of biomechanical programs available and features
- ◆ Demonstration of biomechanical running gait analysis and dysfunctions

FOOTWEAR

- ◆ Types
- ◆ Brands
- ◆ Fit
- ◆ Materials
- ◆ Racing flats and spikes
- ◆ What research says about footwear and injury prevention
- ◆ Wear patterns
- ◆ Orthotics

CONSERVATIVE MANAGEMENT OF RUNNING INJURIES

- ◆ Modalities
- ◆ Stretching/strengthening
- ◆ Taping
- ◆ Orthotics
- ◆ Massage
- ◆ Manual therapy
- ◆ Active rest

REHABILITATION AND INJURY PREVENTION

- ◆ Stretching
 - static vs. dynamic

Dates & Locations

CHARLOTTE - Apr 16, 2015

Hilton Garden Inn Charlotte Ayrsley
1920 Ayrsley Town Blvd, Charlotte, NC 28273 704-970-5000

RALEIGH - Apr 17, 2015

DoubleTree by Hilton
4810 Page Creek Lane, Durham, NC 27703 919-941-6000

Seminar Schedule

Registration: 7:30 a.m. (*coffee & tea provided*)
Seminar Begins: 8:00 a.m.
Lunch Break: 1 hour (*on your own*)
Seminar Ends: 3:30 p.m.

Arriving late or leaving early?

Please see "Amended Certificates" information under
CONTINUING EDUCATION CREDIT section of this brochure.

*Dr. Gallas is articulate and knowledgeable.
I am taking away tools I can use tomorrow!*

Tudor Thomas, PT
Las Cruces, NM

Who Should Attend

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Athletic Trainers, Exercise Physiologists, Certified Strength and Conditioning Specialists, Personal Trainers, Fitness Professionals, Podiatrists, and Orthotists

What You Will Learn

- ◆ Identify the biomechanical phases of distance running
- ◆ Discuss causes, symptoms, and evidence-based treatment strategies for the most common running injuries
- ◆ Identify risk factors that may predispose a runner to injury
- ◆ Identify biomechanical dysfunctions through video analysis of a distance runner
- ◆ Perform a functional screen of a distance runner
- ◆ Develop a treatment plan for successful return to running
- ◆ Examine types of footwear and their contribution to injury prevention
- ◆ Recognize what types of stretching are most appropriate for runners and when

What You Should Bring

Please bring or wear loose, comfortable clothing and any type of running/athletic shoe for the lab portion of the seminar.

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: This program is pending CEU approval by the NSCA Certification for pre-approval of 0.6 CEUs.

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.



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 1: Domain of OT, 2: Occupational Therapy Process.



Physical Therapists, Physical Therapist Assistants:

North Carolina: NCBPTE approval by virtue of approval by The New York State Education Department, Office of the Professions, State Board for Physical Therapy licensure board or state APTA chapter Approval good through 8/31/2015.

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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Confirmations & Cancellations

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