COURSE 1.0 - OBJECTIVES

Upon completing this course, based on the most recent scientific evidence, participants will be able to:

- Apply the most important aspects of an injured runner’s assessment (subjective, objective)
- Understand the biomechanics of running and specificities of different running techniques
- Understand the links between anatomy, biomechanics, strength and pathologies
- Understand the different categories of running footwear
- Prescribe the most appropriate running shoes depending on the runner
- Assess running biomechanics in a clinical setting
- Apply the most efficient running gait retraining interventions
- Select the appropriate treatment tool based on the stage of injury (protection vs. adaptation)
- Learn how to apply the proper mechanical stress quantification to injured runners
- Know when to prescribe stretching exercises
- Decide on whether to recommend plantar orthoses or not for specific injuries
- Learn the specificity of running surfaces
- Perform and prescribe running drills
- Prescribe cross-training and appropriate training modulation based on specific injury types
- Prescribe new exercises / interventions for the most common running injuries
- Perform new taping techniques for running injuries

SCHEDULE

DAY 1
8:00am to 8:30am  Introduction
8:30am to 9:30am  Clinical assessment of the injured runner
9:30am to 10:00am Running biomechanics (practical session)
10:00am to 11:00am Running biomechanics (theory)
11:00am to 12:00pm Risk factors for running injuries: Anatomy, biomechanics & strength
12:00pm to 1:00pm  Lunch break
1:00pm to 4:00pm  Running footwear
4:00pm to 6:00pm  Running gait: Assessment & Gait retraining

DAY 2
8:00am to 8:30am  Questions + Review of Day 1
8:30am to 10:00am Mechanical stress quantification
10:00am to 12:00pm Managing training loads: Cross-training & Training modulation
12:00pm to 1:00pm  Lunch break
1:00pm to 2:00pm  Extrinsic factors: Stretching, Plantar orthoses, Running surfaces
2:00pm to 5:00pm  Evidence-based treatment for the most common running injuries

TOTAL EDUCATIONAL TIME: 17 HOURS