

COURSE 1.0 - OBJECTIVES

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

- Independently list 3 of the most important aspects of an injured runner's assessment
- Identify 3 attributes of reduced injury risk and increased performance in a runner
- Correctly list 3 links between anatomy, biomechanics, strength and pathologies
- Describe 5 broad different categories of running footwear that are available on the market today
- Efficiently assess 4 aspects of running biomechanics of a runner in a clinical setting
- Implement 3 different efficient running gait retraining interventions on the runner in front of you
- Correctly select the 1 most appropriate treatment tool based on the stage of injury of an injured runner (protection vs. adaptation)
- Explain 3 main concepts of proper mechanical stress quantification to injured runners
- Defend the positive or negative recommendation related to the use of a plantar orthosis
- Accurately describe the 2 main adaptation trends with respect to specificity of running on hard, soft or uneven surfaces
- Correctly prescribe running drills to a runner
- Efficiently prescribe cross-training and appropriate training modulation based on the 3 specific injury types of different runners
- Independently prescribe new exercises / interventions for the most common running injuries for a specific runner
- Efficiently perform taping techniques for specific 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