

Outline

HOT TOPICS AND INNOVATIONS IN RUNNER'S HEALTH

How cutting edge research is helping patients cross the finish line

HANDS-ON LAB

UPGRADE YOUR ASSESSMENT AND CLINICAL REASONING SKILLS

Get to the root causes of impairments faster with better evaluation techniques for:

- Foot, knee, shin, hip, and back pain
- Movement dysfunction
- Fascial and joint restrictions
- Muscle tightness and weakness
- Balance, stability and mobility
- Nerve entrapments

HANDS-ON LAB

REVOLUTIONIZE YOUR REHAB TOOLBOX FOR RUNNING PATIENTS

Practice today's most effective techniques to:

- Correct and enhance movement
- Eliminate pain
- Loosen tight muscles
- Decompress entrapped nerves
- Reduce reinjury
- Boost speed, power and endurance
- Enhance balance, coordination, stability and mobility
- Improve patient buy-in

HANDS-ON LAB

COMBINE MULTIPLE TECHNIQUES MORE EFFECTIVELY FOR BETTER RESULTS

Practice integrating:

- Joint mobilization
- Soft tissue mobilization
- Stretching and strengthening techniques
- Orthotics
- Functional movement assessment and targeted corrections
- Home exercise prescription
- Patient education

Live Seminar Schedule

7:30: Networking/Registration/Morning Coffee & Tea

8:00: Program begins

11:50-1:00 Lunch: (on your own)

4:00: Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

What to Bring

- Lab-appropriate clothing
- Exercise mat



The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Orion Tarpley at otarpley@pesi.com or 715-855-5262.

HANDS-ON LAB

DESIGN ADVANCED TREATMENT AND PERFORMANCE ENHANCEMENT PLANS FOR YOUR PATIENTS

Develop effective, innovative strategies for specific impairments, including:

- Foot and heel impairments
 - Plantar fasciitis
 - Heel and foot pronation
 - Tibial torsion
 - Tight heel cords
 - Pronation
- Knee and thigh impairments
 - Patellofemoral pain syndrome
 - Tendinitis/tendinosis
 - Stress fractures
 - Shin splints
 - Iliotibial band friction syndrome
 - Tight/strained calves
 - Tight/strained hamstrings
 - Femoral acetabular impingement
 - Genu varum (bow legging)
 - Limb length discrepancy
- Hip and back impairments
 - Mechanical imbalance
 - Pelvic imbalance
 - Spinal curvature
 - Degenerative disk
 - Sacroiliac dysfunctions
- Age-related degeneration
 - Osteoarthritis

CASE STUDIES

PUT KNOWLEDGE TO PRACTICE

- Case study 1: Correctly select the root cause of impairment
- Case study 2: Identify and correct complex movement dysfunction
- Case study 3: Evaluate and treat hip pain during running
- Case study 4: Design an advanced treatment strategy and training plan for a high level athlete
- Case study 5: Improve athletic performance and power output
- Case study 6: Overcome barriers to effective strategy implementation

DON'T LEAVE MONEY ON THE TABLE!

- Coding and billing updates for runner's rehab
- Justify therapy with the right progress measures
- Avoid denials and audits with these tips

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Certified Strength and Conditioning Specialists
- Exercise Physiologists

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Runner's Rehab Master Class

Identify & Treat the Root Cause of Running Injuries Faster than Ever Before



Fort Collins, CO Thursday September 12, 2019

Denver, CO Friday September 13, 2019

REGISTER NOW: pesirehab.com/express/72360



Runner's Rehab Master Class

Identify & Treat the Root Cause of Running Injuries Faster than Ever Before

Build authentic professional connections -- FREE networking event included

- Revolutionize your rehab toolbox for running patients
- Become the go-to resource for running injuries in your clinic
- Achieve incredible results with a wide range of running injuries
- Today's top evaluation and treatment strategies
- Best practices to correct movement dysfunctions and manage symptoms

Fort Collins, CO Thursday September 12, 2019

Denver, CO Friday September 13, 2019

PESI Rehab REGISTER NOW: pesirehab.com/express/72360

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Runner’s Rehab Master Class

Identify & Treat the Root Cause of Running Injuries Faster than Ever Before

“I run because it is who I am, not just something I do.”

Running defines some people. Physically and emotionally painful, injury leaves many runners disconnected and lost.

If you’re chasing pain from joint to joint without getting to the “whys” of running injuries, you’re not just losing time, money, and referrals, you’re failing to give your patients’ back a key component of who they are.

Created by one of the most trusted names in sports rehabilitation, the Runner’s Rehab Master Class will teach you how you can achieve incredible results with a wide range of running injuries using today’s top evaluation and treatment strategies!

Dr. Jamey Gordon has over 20 years of experience treating runners and helping athletes achieve peak performance in the MLB, NFL, NBA, and Olympics. Join him as he shares a proven framework for rehabilitating runners that combines today’s best practices to correct movement dysfunctions, manage symptoms, and achieve immediate improvements in function so your patients can safely cross the finish line.

Sign up today, make yourself the go-to resource for resolving frustrating running injuries in your clinic or facility, and feel the satisfaction of giving runners back a part of who they are!

Speaker

Jamey Gordon, PT, DPT, ATC, CSCS, is an expert in sports rehabilitation with over 20 years of experience guiding athletes to peak performance. Passionate about helping clients reach their full potential, he has worked with a host of professional athletes in the MLB, NFL, NBA, and Olympic levels, as well as thousands of youth, high school, collegiate, and recreational athletes. He serves as the director of athletic development at Pro X, where he oversees all rehabilitation, speed, strength and agility training, and skill development activities.

Dr. Gordon travels nationally to present seminars on athletic development and sport rehabilitation, and he is known for his dynamic, hands-on teaching style. In addition, he serves as a fellowship mentor and clinical instructor for the physical therapy program at Washington University in St Louis, his alma mater for both his Masters and Doctoral degrees.

Financial: Jamey Gordon is the Director of Athletic Development at Pro X. He receives a speaking honorarium from PESI, Inc.
Non-financial: Jamey Gordon has no relevant non-financial relationship to disclose.

Objectives

- Identify the latest advances in running rehabilitation and their implications for therapy
- Outline strategies for more quickly identifying the root causes of pain and functional limitations
- Integrate effective interventions that can be used immediately to eliminate pain, restore function, and improve running performance
- Combine multiple modalities effectively for better results, including joint and soft tissue mobilization, stretching and strengthening techniques, orthotics, functional movement assessment, exercise, and patient education
- Design advanced, innovative plans of care for a wide range of running impairments and performance enhancement goals
- Apply the assessments and interventions discussed in this seminar to a series of interactive case scenarios

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



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By Jennifer Cohen Harper, MA, E-RCYT and Mayuri Breen Gonzalez

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ATHLETIC TRAINERS: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.25 hours of Category A continuing education.



EXERCISE PHYSIOLOGISTS: ASEP members will earn 5.0 CECs for full attendance at this seminar. The ASEP allows members to earn a maximum of 10 CECs in any one 5 year period.

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PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content 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 requirements.

How to Register

RUNNER’S REHAB MASTER CLASS: IDENTIFY & TREAT THE ROOT CAUSE OF RUNNING INJURIES FASTER THAN EVER BEFORE
Questions? Visit www.pesirehab.com/faqs, or call 800-844-8260

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Limited seats available; *advanced online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/faqs or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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