

Outline

HOT TOPICS AND INNOVATIONS IN SPORTS REHABILITATION

- How your patients can benefit from cutting edge research

HANDS-ON LAB UPGRADE YOUR ASSESSMENT AND CLINICAL REASONING SKILLS

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

- Pain
- Movement dysfunction
- Fascial and joint restrictions
- Muscle tightness and weakness
- Balance, stability and mobility
- Nerve entrapments

HANDS-ON LAB EXPAND YOUR SPORTS REHAB TOOLBOX

Practice effective techniques you can use immediately to:

- Eliminate pain
- Improve function and athletic performance
- Increase strength, flexibility, power, and endurance
- Improve balance, coordination, stability and mobility
- Enhance movement mechanics
- Loosen tight muscles
- Mobilize soft tissue
- Decompress entrapped nerves

HOW TO EFFECTIVELY COMBINE MULTIPLE MODALITIES FOR BETTER RESULTS

- Sports-specific workouts
- Yoga
- Core stabilization
- Crossfit training
- IASTM
- Joint manipulation
- Dry needling
- Nutritional analysis

HANDS-ON LAB DESIGN ADVANCED, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

Practice developing comprehensive treatment strategies for common impairments, including:

- Running, jumping, and other lower body sports injuries
- Throwing and other upper body sports injuries
- Neck and back pain
- SI joint and pelvic dysfunction
- Postural deviations
- Nerve entrapments

CASE STUDIES PUT KNOWLEDGE TO PRACTICE

- Case study 1: Decrease hip pain with running athletes
- Case study 2: Reduce back pain with functional activities
- Case study 3: Safeguard the shoulder and elbow during sports activities
- Case study 4: Improve athletic performance and power output

Target Audience

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

Live Seminar Schedule

7:30 Networking / Coffee / Registration

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.

Questions?

Call customer service at
800-844-8260

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?
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.



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The Best Sports Rehab Interventions of 2019

Revolutionize your sports rehab toolbox with innovative techniques you can use immediately to:

- ✓ Treat common sports injuries
- ✓ Confidently return athletes to play
- ✓ Upgrade movement mechanics
- ✓ Enhance balance and function
- ✓ Boost power and endurance
- ✓ Amplify athletic performance
- ✓ Eliminate pain
- ✓ Improve mobility and stability
- ✓ Increase flexibility
- ✓ Mobilize scar tissue

San Antonio, TX
Monday
September 16, 2019

Austin, TX
Tuesday
September 17, 2019

Houston, TX
Wednesday
September 18, 2019



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

The Best Sports Rehab Interventions of 2019



Traditional interventions can be counterproductive in sports rehab, activating self-defense mechanisms that freeze muscles, compress nerves, sharpen pain, and diminish performance.

And when these “tried and true” treatments fail, clients can give up on therapy completely – leaving you questioning your effectiveness and worrying that your treatment methods are out of date.

But with the latest techniques for treating sports injuries and biomechanically enhancing athletes, your work can deliver triumph from trauma, helping clients confidently return to play, prevent re-injury, and achieve peak performance – no matter what their sport throws at them.

Join Dr. Shaun Goulbourne as he shares new techniques and tests that will empower you to counteract the unique stressors of today’s sports. Learn how to analyze and improve the full kinetic chain with functional movement screening, guiding athletes to faster recovery and stronger, safer performance. Practice today’s best conditioning strategies to optimize energy transfer and improve impact absorption. Achieve better treatment outcomes by more effectively combining multiple modalities, from exercise to joint manipulation and IASTM. And design advanced, innovative plans of care for a wide variety of common sports injuries.

Sign up now, and whether your next patient is a weekend warrior or a Golden State Warrior, you’ll be ready to confidently guide them toward rapid improvements with the best methods available in sports rehab.

Speaker


SHAUN GOULBOURNE, DHSc, PT, MTC, OCS, SCS, STC, CSCS, NSCA-PT, CDEII, is an expert in sports rehabilitation with over 20 years of experience guiding athletes to peak performance. His practice includes on- and off-site treatment of athletes, and he has extensive history playing and coaching competitive sports. Formerly an international basketball player, he serves as a coach with the Olympic Development Program for the United States Soccer Federation. In his spare time, he competes in marathons and full ironman events.

Dr. Goulbourne earned his Doctorate in health science with emphasis in orthopedics and sports medicine from the University of St. Augustine, and he holds numerous certifications in manual and sports therapy. He is a Sports Certified Specialist and Orthopedic Certified Specialist through the American Board of Physical Therapy, is an osteopractor through the American Spinal Manipulation Institute, and a Certified Strength and Conditioning Coach and Personal Trainer with the NSCA.

Speaker Disclosures:
Financial: Shaun Goulbourne has an employment relationship with Intrepid USA. He receives a speaking honorarium from PESI, Inc.
Non-financial: Shaun Goulbourne is a member of the National Strength and Conditioning Association.


Objectives

- Discuss the latest advances in sports rehabilitation and their implications for therapy.
- Review strategies for more quickly identifying the root causes of pain and functional limitations.
- Integrate effective interventions can be used immediately to eliminate pain, restore function, and improve athletic performance.
- Combine multiple modalities effectively for better results, including dry needling, manual therapy, IASTM, yoga, core stabilization, Crossfit training, and sports-specific workouts.
- Design robust, innovative plans of care for a wide range of sports injuries.
- Apply the assessments and interventions discussed in this seminar to a series of interactive case scenarios.



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; advance online registration required.*

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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.

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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.

PERSONAL TRAINERS: This course has been submitted to the National Academy of Sports Medicine (NASM-BOC) for review. Please contact PESI, Inc. for the most current information.

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How to Register

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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.

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- **\$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.
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