

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 & Webcast Schedule

(Times listed in Eastern)

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



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.

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



Grand Rapids, MI

Wednesday, October 2, 2019

Livonia, MI

Thursday, October 3, 2019

Sterling Heights, MI

Friday, October 4, 2019

Live Video Webcast

Friday, October 4, 2019

REGISTER NOW: pesirehab.com/express/73156



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

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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.

Speaker Disclosures:

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.

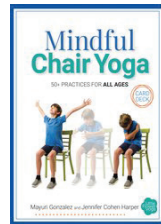
Objectives

- 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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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.*

Seminar on DVD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on October 4, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesirehab.com/webcast/73244

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 cepsi@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.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: 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.

MICHIGAN PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/73156.

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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Please have credit card available

FAX

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1 Please complete entire form (to notify you of seminar changes):
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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; advance 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.

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3 Check tuition:

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\$199.99 – choose one of the options below:
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 \$19.99* *Mindful Chair Yoga Card Deck*
*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual

\$199.99 registration (+ tax in HI, MN, NM, PA, WI)

4 Indicate method of payment:

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Purchase orders welcome (attach copy).

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Runner's Rehab Master Class: Identify & Treat the Root Cause of Running Injuries Faster than Ever Before

____Seminar on DVD* \$219.99 (RNV063775)

____*Mindful Chair Yoga Card Deck** \$19.99 (PUB085920)

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
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