2009 Advanced Track Seminars

Evaluation and Interpretation of Running Gait

(Wednesday, June 17, 10:30am - 5:30pm, 6 hours/6 CEUs)

Managing runners' injuries requires a comprehensive approach that includes an assessment of running gait. During this advanced track, a complete running gait analysis will be performed that includes aspects of static and dynamic posture/alignment evaluation, pertinent strength assessment, flexibility assessment, and running technique evaluation. Common running gait anomalies will be presented. Interpreting evaluation findings in order to design the appropriate intervention for your patient/athlete will be discussed. Videotaping and playback analysis will be a component of this advanced track.

Note: Come dressed in running attire if you'd like to participate in the analysis!

Therapeutic Soft Tissue Techniques

(Wednesday, June 17, 10:30am - 5:30pm, 6 hours/6 CEUs)

This advanced track will discuss three categories of soft tissue techniques useful to the sports medicine community. Two techniques, Lymphatic Facilitation and NeuroKinetic Therapy, will be explored in detail. Lymphatic Facilitation reduces the traumatic edema associated with acute injuries. It provides the "missing link" in standard care protocols by stimulating the body's own edema removal system, the lymphatics. NeuroKinetic Therapy helps identify and relieve the myofascial restrictions and excess muscle tension that can limit or create painful movement. Adding both of these techniques to your treatment protocols can improve your ability to reduce pain and swelling, improve pain free range of motion, and quickly return your patient/athletes to functional activity.

Note: Please come dressed to participate in a soft tissue lab – shorts and a shirt that allows you to expose your back (ie. women – bathing suit top).

Assessment and Treatment of the Sacro-Iliac Joint

(Wednesday, June 17, 10:30am - 5:30pm, 6 hours/6 CEUs)

The purpose of this advanced track is to provide the clinician with a comprehensive approach to evaluation and treatment of the sacro-iliac (SI) joint. This seminar begins with a brief anatomical review followed by instruction in the current biomechanical theories of the SI joint. Osteopathic techniques provide the basis for the evaluation approach and are followed by treatment techniques incorporating direct mobilizations, muscle energy techniques, flexibility and core stabilization exercises. Evidence based rationale for these approaches will be presented. Participants should leave the seminar with the knowledge and tools necessary to evaluate and treat SI joint injuries.

Note: Please come dressed in lab attire – shorts and tee shirts.

The Scapula

(Sunday, June 21, 8am - Noon, 4 hours/4 CEUs)

The importance of scapular control for effective shoulder function has become increasingly more obvious in both the prevention and management of upper extremity dysfunction in physically active individuals. It is important for athletic trainers to become proficient in evaluating and treating scapular dysfunction. This four hour advanced track is designed to help the participants evaluate, prevent and manage scapular dysfunction. The seminar will use lecture, demonstrations and participant practice to review the roles of the scapulae, present general screening methods in static and dynamic postures, describe common scapular dysfunctional conditions and review exercise progression from early reeducation to conditioning for activities requiring shoulder elevation above 90 degrees.

Note: It is important that participants be prepared to expose their shoulder girdle completely in order that accurate measurements and exercises can be performed. Women should wear a sports bra.