

COURSE DATES //

Columbus, GA | March 6-7, 2021

Hughston Clinic
6262 Veterans Pkwy
Columbus, GA 31909

Check website for additional dates.

REGISTRATION //

whenthefeethittheground.com

15 Credit Hours

Tuition: \$525

Refunds available up to 30 days prior to course.
Within 30 days, registrations can be transferred to another
available course.

When the Feet Hit the Ground
1 N Tacoma Ave #103
Tacoma WA 98403



When the Feet Hit the Ground...

Running



COURSE SCHEDULE //

Day 1

7:30 - 8:00	Course Registration
8:00-12:00 <i>Morning Sessions</i>	General Running Injuries Normal Foot Mechanics Practical Lab - Subtalar Neutral Running Kinetics & Kinematics
1:00-5:30 <i>Afternoon Sessions</i>	Practical Lab - Corrective Drills for Form Movement Assessment and Biomechanical Evaluation Lab Video Running Gait Analysis Taping Techniques

Day 2

8:00-12:00 <i>Morning Sessions</i>	Running Injuries & Treatment Related to Hip & Knee Practical Lab - Corrective Exercises for Hip and Knee Running Injuries & Treatment Related to the Lower Leg
1:00-5:00 <i>Afternoon Sessions</i>	Running Injuries & Treatment Related to the Lower Leg (cont) Practical Lab - Corrective Exercises for Leg, Ankle & Foot Current Update on Running Shoes Orthotics: Over-the-counter & Semi-Custom Devices Putting It All Together - Corrective Action for Faults

COURSE DESCRIPTION //

This running injury management and prevention course is a two-day, 15 contact hour physical therapy continuing education seminar focused on getting the therapist up to speed on common running terms, running biomechanics, and assessment of the runner from head to toe.

The faculty will present current and clinically useful evidence-based evaluation and treatment techniques for running injury prevention. Course participants will receive:

- Comprehensive, foundational anatomical and biomechanical content
- Overview of a novel movement assessment system, and examination techniques specific to the running athlete.
- Specific intervention strategies for management of running related musculoskeletal dysfunction.
- Examination of foot biomechanics, running style, as well as learning to perform clinically relevant video gait analysis.

This course will provide updated information on injuries common to the runner, including pathologies of the hip, knee, lower leg, foot and ankle. Information on footwear and semi-custom orthotics is interwoven with other varied specialty interventions and clinical pearls that can be used to achieve immediate results.

OBJECTIVES //

At the completion of the course, participants should be able to:

- Describe biomechanical differences between walking and running
- Compare and contrast various running styles/techniques
- Articulate important key factors in foot biomechanics
- Discuss current concepts about how and why to alter running mechanics
- Effectively perform a movement screen and rate functional performance
- Systematically perform detailed biomechanical evaluation of Lower Quarter
- Identify the potential causes of movement dysfunction
- Create comprehensive treatment plans for a wide variety of running related musculoskeletal dysfunctions
- Understand how to perform a 2D video gait analysis, and interpret findings
- Summarize current research on running injuries and evidence based treatment strategies related to these injuries
- Learn and practice running specific exercises for hip and knee
- Learn and practice running specific exercises for leg, ankle and foot
- Demonstrate efficient performance of two taping techniques: Navicular sling and fibulae repositioning
- Describe common categories of running shoes and their role in intervention with varied running injuries
- In the context of clinical case studies, choose examination techniques, describe important findings, relate findings to underlying cause of injury and design effective and creative treatment plans

INSTRUCTORS //

Paul Drumheller, MPT, OCS, SCS, CSCS is the owner and a practicing therapist at 3Dimensional Physical Therapy in Tacoma, WA. He is a foot & ankle specialist and has been a long-term instructor for "When the Feet Hit the Ground... Everything Changes," "Managing the Runner," and has presented at multiple large conferences on foot & ankle and running topics.

Robyn Smith, MS, PT, SCS, CGFI-2 is a practicing therapist who has worked with runners of all levels, from middle school through Olympic athletes. She has lectured on running, golfing, and triathlete injury prevention as well as instructed for SFMA and other NASMI courses. She has co-authored SPTS home-study courses and a book chapter on the "Physically Active Female."