

Identification & Treatment of cyclists disorders

On 30 June a masterclass will be given by Curtis Cramblett.

Location: Neanderthalhalle Mettmann

Course Description

This course will equip clinicians with the necessary tools to perform a comprehensive cycling analysis on and off the bike. This will allow them to identify and treat some of the most common cyclists' disorders. Participants will then be instructed in strategies to help cyclist heal. Intervention instructions include on bike interventions including accommodated fit and biomechanics retraining and off bike interventions including exercise and manual therapy.

The instructor will break down the critical phases of cycling, and relate abnormal biomechanics to common overuse injuries and performance issues.

By the completion of this course, participants will be prepared to perform a comprehensive cycling evaluation with an assessment of the amount of the cyclist complaint is coming from the fit or coming from the body and have some interventional tools to solve the cyclists problem.

Program

Masterclass Schedule

MASTERCLASS	CURTIS CRAMBLETT
09:30	Registration open
10:00	Block 1
11:25	Coffee Break
11:35	Block 2

MASTERCLASS	CURTIS CRAMBLETT	
13:00	Lunch Break	
14:00	Block 3	
15:15	Coffee Break	
15:30	Block 4	
16:30	Block 5	
17:30	Closing	Questions & Answers

Who is this class for?

All medical and ancillary clinicians who work with cyclists including: Physiotherapists, Personal Trainers, Osteopaths, Massage Therapists, Bike fitters, Physicians, Coaches

Objectives

- Understand a client goal centered evaluation and intervention process (on and off bike interventions)
- Understand an “Evidence based” fitting process that includes “feedback loop / hypothesis testing” model of cycling analysis and intervention
- Identify and understand efficient and aberrant biomechanics of cycling and learn how to use the evidence based fitting process to help identify which areas of inefficiencies are driving a cyclists complaints
- Understand common complaints and potential on and off bike interventions including
 - Specific bike fit ‘solutions’ / accommodations for some common complaints
 - Off bike interventions including – Hands on and Exercise strategies for mobility
 - Off bike interventions including – Exercise strategies for strength and coordination
- Understand the difference between between an accommodated fit and an optimal position fit and how to find the balance between

– Understand how to integrate your findings from the physical and on bike cycling evaluation into actionable bike fit and treatment interventions

About the instructor



CURTIS CRAMBLETT is the founder of Revolutions In Fitness in San Jose, California. He is a physical therapist, cycling coach and certified bikefitter. Curtis has been practicing as a Licensed Physical Therapist (LPT) for over 15 years. He holds a BS in Exercise Physiology and Physical Therapy from Ohio University. He is a Certified Functional Manual Therapist (CFMT) with the Institute of Physical Arts. Continual education and certification efforts are a product of his unique dedication to staying on the cutting-edge of advances in the world of physical therapy and sports medicine.

Curtis has been primarily treating a sports medicine and active population. He also works with professional and Olympic level athletes and is an expert at identifying and addressing musculoskeletal dysfunctions. Curtis was selected by the Garmin-Cervélo Professional Cycling Team for bike fitting and physical therapy services. Curtis has also provided services to numerous Olympic, professional and elite athletes including cycling, triathletes, Olympic speed skaters and professional golfers.

Curtis has been an avid cyclist for more than 20 years and has spent thousands of hours on his bike. He is a nationally competitive mountain bike racer and races road bikes regionally. He has also ridden several multi-day long distance rides, including the 600-mile California AIDS Ride. Decades of experience with competitive cycling, extensive continuing education in manual and exercise therapy, and an expert coaching certification has given him a unique perspective on the challenges and benefits of being an athlete, particularly a cyclist.

Thanks to his cycling career, Curtis has also had plenty of personal experience with injury–and recovery, including herniated discs, knee disorders, neck injuries and a myriad of other injuries. He strives to help his clients identify and reach their fitness, health and athletic goals by applying solid principles and extensive knowledge. Through dedication to his craft and careful attention to his clients, Curtis enjoys seeing positive results and strong gains, time and time again.

Curtis is renowned for and sought after for his teaching. Some of the places he has taught at include: Medicine of Cycling – US, Specialized BG School of Fitting, Science of Cycling, International Cycling symposium, International Symposium of Cycling Optimization