

COURSE OBJECTIVES

After the course, participants will be able to, based on the most recent scientific evidence:

- Apply the most important aspects of an injured runner's assessment (subjective, objective)
- Understand the biomechanics of running and specificities of different running techniques
- Understand the links between anatomy, biomechanics, strength and pathologies
- Understand the different categories of running footwear
- Prescribe the most appropriate running shoes depending on the runner
- Assess running biomechanics in a clinical setting
- Apply the most efficient running gait retraining interventions
- Select the appropriate treatment tool based on the stage of injury (protection vs. adaptation)
- Learn how to apply the proper mechanical stress quantification to injured runners
- Know when to prescribe stretching exercises
- Decide on whether to recommend plantar orthoses or not for specific injuries
- Learn the specificity of running surfaces
- Perform and prescribe running drills
- Prescribe cross-training and appropriate training modulation based on specific injury types
- Prescribe new exercises / interventions for the most common running injuries
- Perform new taping techniques for running injuries

SCHEDULE DAY 1

8:00am - 8:30am	Introduction
8:30am - 9:30am	Clinical assessment of the injured runner
9:30am - 10:00am	Running biomechanics (practical session)
10:00am - 10:15am	Break
10:15am - 11:00am	Running biomechanics (continued)
11:00am - 12:00pm	Risk factors for running injuries: Anatomy, biomechanics & strength
12:00pm - 1:00pm	Lunch break
1:00pm - 2:30pm	Running footwear
2:30pm - 2:45pm	Break
2:45pm - 4:00pm	Running footwear (continued)
4:00pm - 6:00pm	Running gait: Assessment & Gait retraining

SCHEDULE DAY 2

8:00am - 8:30am	Questions + Review of Day 1
8:30am - 10:00am	Mechanical stress quantification
10:00am - 10:15am	Break
10:15am - 12:00pm	Managing training loads: Cross-training & Training modulation
12:00pm - 1:00pm	Lunch break
1:00pm - 2:00pm	Extrinsic factors: Stretching, Plantar orthoses, Running surfaces
2:00pm - 2:15pm	Break
2:15pm - 5:00pm	Evidence-based treatment for the most common running injuries

TOTAL EDUCATIONAL TIME = 16 HOURS