Learning objectives
By the end of this course attendees will be able to:

1. Recognize runners most at risk for running injuries and when to intervene with appropriate prevention programs
2. Describe the “envelope of function” and how it can help guide clinical decision making and training programs
3. Demonstrate a valid and repeatable clinical gait evaluation
4. State the characteristics of “normal” running mechanics
5. Contrast heel strike running with forefoot running: Does evidence support one over the other?
6. Describe a simple and clinically relevant classification system for gait mechanics that may contribute to injury
7. Recognize psychosocial and training factors that contribute to the etiology of running injuries and discuss the importance of biomechanics
8. Explain why therapeutic exercise is key to enhancing load tolerance but is insufficient to alter abnormal movement patterns
9. State the rationale and evidence supporting gait retraining.
10. Perform appropriate verbal, visual, and tactile cues and feedback schedules to prompt corrections for many common gait issues in runners
11. Based on identified impairments, develop a treatment program for runners with common running injuries including patellofemoral pain, iliotibial band pain, lower leg and foot stress fractures, femoral acetabular impingement, and tendinopathies.

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