

Running injury course September 26-27

System of a Run: An evidence based framework to manage injured runners

Taught by Christopher Johnson and assisted by Erson Religioso, this course will provide you with a clear, succinct, evidence based answer to the most pressing question an injured runner will have for you, "When can I run?" Participants will learn a systematic, comprehensive framework to manage injured runners and help them return to their pre-injury status and beyond through a graded exposure approach.

The course will cover:

- Review of the performance demands of running
- Discussion of risk factors for running injuries and regions most likely to be injured
- How to conduct a head to toe running gait analysis
- Instruction on various balance and motor control drills
- Instruction on open and closed chain exercises for runners
- Instruction on running specific compound movements and plyometric drills to improve running economy and neuromuscular control
- Novel, hands on, manual techniques that you can use to aid injured runners
- Self mobilizations to prescribe as home exercises
- Implications of strike pattern and footwear
- How to design a graded exposure return to running program

Complimentary coffee, fruit, and light breakfast will be provided at the start of each day as well as mid morning and mid afternoon snacks.

The course will run from 9 am to 5 pm on both days (September 26/27, 2015). Please see the registration link below for more details:

<https://www.eventbrite.ca/e/system-of-a-run-an-evidence-based-framework-to-manage-injured-runners-tickets-15984596358>