

Running Foundations Course Schedule

Saturday	
8:00- 8:45	Module 1: The lens we look through. Introductions and backgrounds of speakers and attendees.
8:45-9:30	Module 2: Foundational Considerations. Physiologic goals, demands, mechanics of running. The central tenets that guide our approach.
9:30- 10:00	Break/Cluster Breakout- UO spinal and hip mobility
10:00- 11:00	Module 3: Spinal Considerations. The spinal engine. Effects on breathing, posture, COG control. From DIERS to assessment to treatment.
11:00- 12:30	Lab 1: Movement Analysis and Spinal Assessment. Corrective Exercise Prescription
12:30 - 1:00	Lunch
1:00-2:00	Module 4: Runners Need Quarterbacks: Assembling the care team. Clinical applications.
2:00-2:30	Break/Cluster Breakout- UO Basic Bands Series
2:30-3:30	Module 5: More than the Glute Med. Hip assessment from DIERS, to assessment, to treatment.
3:30-5:00	Lab 2: Hip assessment. Corrective Exercise Prescription.

Sunday	
8:00 - 8:30	Cluster Breakout- Union Dynamic Warm Up
8:30 - 9:30	Module 6: Lower leg springs- knee, foot, and ankle- From DIERS, to assessment, to treatment.
9:30 - 11:00	Lab 3: Knee, foot, ankle, assessment. Corrective Exercise Prescription
11:00 - 12:00	Module 7: The Medical Runner- Medical considerations for running injury
12:00 -12:30	Lunch
12:30 - 2:00	Module 8: Practical Gait Analysis and Lab- observable stride characteristics, implications to training, injury, and rehab
2:00 - 2:30	Module 9: Putting it all Together: Consolidating and prioritizing relevant findings to create a plan
2:30 - 4:00	Lab 4: Full Partner Assessment, small group presentation
4:00 - 5:00	Partner Presentation Examples, Course Wrap Up

Running Foundations Course Objectives

Course Objectives:

- 1) Upon completion of this course, attendees will understand the muscular and joint demands at the spine, hip, knee, ankle and foot when running.
- 2) Upon completion of this course, attendees will understand the regional interdependence of the body systems in effective running.
- 3) Upon completion of this course, attendees will have a clear workflow for the evaluation of the running athlete.
- 4) Upon completion of this course, attendees will understand common pathologies related to running and understanding the proper evaluation to determine a correct diagnosis.
- 5) Upon completion of this course, attendees will understand how to create and work within a care team to provide multidisciplinary care for the running athlete.

- 6) Upon completion of this course, attendees will have an appreciation of high fidelity gait analysis with a practical and actionable understanding of lower fidelity video capture systems.
- 7) Upon completion of this course, attendees will understand how to build and grow their local running physiotherapy practices.