

Outline

Principle Led Approach to Rehab and Conservative MSK Care for Runners

7 pillars of health management
Movement strategy for quality motor control
Management vs treatment

Importance of Aerobic Capacity in the Injury Paradigm

Pyramid: movement pyramid, aerobic capacity, performance, skill
Aerobic capacity vs VO2 max
MAF formula
Nose breathing/conversation test
Heart rate drift test
Blood lactate concentration test
Muscular endurance
Load management

Functional & Whole-Body Examination Techniques

History
Gait (walking): floodlight vs spotlight
Movement testing
Palpation/ROM
Breathing
Orthopedic testing
Neurodynamics
Visual assessment
Running gait analysis
Aerobic testing
Power output

Phenotyping Runners: The Runner's Screen & Gait Analysis

Stiff vs stretchy
Soleus endurance test
Single-leg pogo jumps
Skipping (forward/backward)
Triple hop
2-minute jump rope test
Gait

Objectives

1. Investigate the importance of aerobic capacity as the foundation upon which efficient and pain-free movement strategy is built.
2. Analyze the relationship between aerobic capacity, pain, and movement
3. Diagnose efficiently and effectively both the pathogenesis as well as the functional audit pertaining to a runner's injury.
4. Determine how to make an appreciable change in running gait for injury rehabilitation and performance purposes, utilizing a systems approach.
5. Inspect the importance of phenotyping of runners rehab and training purposes.
6. Evaluate the most current literature and case studies that address the importance of the diagnostic process utilized within The FARM systems approach.
7. Develop a framework for managing endurance athletes rather than simply treating injuries.

Regional Specific Injuries, Differential Diagnosis

Stress fracture
Sprains and strains
Peripheral nerve entrapment
Tendinopathy
Tendinosis
Radiculopathy
Lateral, anterior and posterior hip
Labrum derangement
FAIS
Apophysitis
Knee
Meniscus derangement/tear
IT band syndrome
Calf and tibia
Shin splints
Compartment syndrome
PAES
Ankle and foot
Plantar fasciitis
Hallux abducto valgus
Sever's disease

Case studies

Treatment Interventions to Reduce or Rehab Injury

Training program modifications
Manual therapy
Kinesiology taping
Therapeutic exercise
Stretching
Dry needling

FREE

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the first
10 minutes
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Functional, Athletic Rehabilitation and Movement for Runners

Functional, Athletic Rehabilitation and Movement for Runners

If all you're looking at is volume, intensity and time...you're missing one of the biggest pieces of the running puzzle – movement quality.

More runners are being injured than ever before and too many practitioners are using antiquated assessment and treatment methods. This flies in the face of our "growing" understanding of treating injuries and deciphering running biomechanics.

Rethinking Running Rehab translates the latest research into actionable clinical practice concepts. Learn a holistic approach to athlete management, the role that aerobic capacity (or lack thereof) plays in almost all injuries, and most importantly the miseducation around what is considered normal from a running gait perspective.

- Why do so many running injuries occur? And how can you prevent them?
- Why are some people plagued with chronic injuries while others are rarely affected?
- How much do "proper" mechanics and foot strike matter?
- How to effectively tailor training programs around injury management
- What can you do to get runners doing work outside the sagittal plane?

You'll also explore hot topics like VO2 max, footwear, foot strike, and gait analysis. Walk away with dynamic and functional assessment strategies that save you time alongside today's most effective conservative musculoskeletal care techniques.

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(Times listed in Eastern)

- 8:00** Program begins
- 12:00-1:00** Lunch Break
- 4:30** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Meet Your Speaker

Beau Beard, DC, MS, CCSP, is the co-founder and owner of The FARM. He has been interested in the fields of health and human performance since suffering a femur fracture in middle school resulting in surgery. He was told he would never play sports again. With proper rehabilitation and a phenomenal chiropractor, he was back to playing multiple sports within a year. Dr. Beard is an internationally recognized educator and speaker, specializing in topics from running performance, environmental health, and clinical reasoning. He has consulted and worked with professional athletes, Olympic medalists, multiple branches of the military and special operations units, and many university-level athletics programs.

Dr. Beard has spent the last decade heavily involved in all aspects of running, competing at the highest level of trail running, treating professional and Olympic runners, coaching for the Navy Wounded Warrior track & field team as well as coaching numerous runners of varying levels. His unique mix of experience has allowed Dr. Beau to bring a fresh perspective the treatment and training of lower extremity injuries and issues.

Speaker Disclosure:

Financial: Beau Beard is the owner of the Farm and receives royalties as a published author. He receives a speaking honorarium from PESI, Inc.

Non-financial: Beau Beard is a member of the International Society of Clinical Rehab Specialists, the American Chiropractic Association, the American Board Chiropractic Sports Physicians, the American Chiropractic Association Sports Council, and the National Strength & Conditioning Association.

Target Audience:

Physical Therapists • Chiropractors • Strength and Conditioning Coaches • Athletic Trainers
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