Change the way you approach:

- Running Injuries
- Return to Running Protocols
- Periodization and Exercise design
- Physical Exam and Special Tests
- Medial collapse
- Cadence Retraining
- Overpronation
- Shoe selection
- Postural syndromes
- Exercise Prescription
- Decreased Flexibility
- Chronic Orthopedic Issues

TESTIMONIALS:

"Appreciated hearing the latest in evidence for best practice model, and highlighting implications in clinical practice."

"Extremely good use of research applied in clinical scenarios. Clear presentation of info in a logical manner. Tools for Monday morning!"

"I like the systematic approach to both how the course was presented as well as the application of the material. The checklist is very helpful."

November 6th, 2016
Hosted by the UCSF Department of Physical Therapy & Rehabilitation Science

UCSF PT Faculty Practice
Sunday 8:00 am - 5:00 pm
1500 Owens St, Suite 400, Mission Bay
San Francisco, CA, 94158
In this one day course you will advance your skills with biomechanical analysis details and interventional strategies to help your runners and active population.

**About the Course**

This course will pick up where the Level 1 course left off and dive into the interventions component of treating impairments found in video analysis. The instructors will also break down critical components of the physical examination, and highlight key interventions for some of the most common running abnormalities and pathologies. By the completion of this course, participants will have concrete tools to intervene in treating many common overuse injuries & performance issues. Lab 40% Didactic 60%. Intermediate level instruction.

**Course Instructors**

Christopher DaPrato, DPT,SCS,CSCS,PES, obtained his Master’s degree in physical therapy from CSULB, and his clinical doctorate in physical therapy from Temple University. DaPrato is an Assistant Professor appointment in the PT and Orthopedics departments, & works primarily with the sports-orthopedic population. He was previously a team PT for Div. 1 athletes at Cal, and worked extensively with their track and field, football, and soccer teams. DaPrato has been teaching CE courses over the last several years in the areas of athlete return to play, specialty concepts related to the LE, endurance athlete management, and unique manual therapy applications for injuries & athletes.

Rami Weinberg, PT, DPT, OCS, CSCS, obtained his DPT from the USC, completed his Residency in Orthopedic Physical Therapy and obtained his OCS. Rami was also previously at USC in an Adjunct Faculty role. He focuses on S & C foundations in rehab, and has focused on advanced function for amputees.

Erin Green, PT, DPT, FAAMPT, completed her year long Fellowship in the Kaiser Manual Therapy program, and is also a graduate of the UCSF/SFSU PT program. She has worked with runners and triathletes of all levels here in the Bay Area for the last 5 years, and specializes in a manual therapy focus.

**Course Outline:**

8:00 Introductions / Examination and Interventions
8:15 Running analysis review; picking up subtle details
9:15 Systematic Examination; Functional Testing,
10:30 Video Analysis Lab
11:30 Examination & Functional Testing Lab
12:00 Lunch
12:45 Interventions for Abnormal Foot/ankle mechanics
1:45 Interventions for Hip/Knee/Lumbar Abnormalities
3:00 Video analysis of pre/post interventions.
3:30 Return to running protocols after injury. Performance: Training models, Periodization
4:30 Conclusion, summary, evaluations
5:00 End

**Learning Objectives**

Participants will be able to:
- Understand therapeutic exercise & manual therapy applications for successfully treating impairments found.
- Describe verbally biofeedback techniques to patients and colleagues that help alter poor running mechanics.
- List clinical examination tests that should be included in an evaluation to identify specific running impairments.
- Identify common gait abnormalities which may precipitate running injuries and review analysis techniques.
- Identify salient information to pass on to patients on parameters for a successful return to running program and performance enhancement variables.

Email questions to: Christopher.DaPrato@ucsf.edu

**Registration Form**

**Dates and Location:**
- Sunday Nov. 6th 8:00 am-5:00 pm. (Pre-req Level 1)
- Location: UCSF Physical Therapy Faculty Practice
  1500 Owens Street, Suite 400 San Francisco, CA, 94158

**Discipline:** PT ATC PTA MD

**Tuition:**
- Price per participant $225
- Student discount price $100
- Group Discounts available > 3

**Amount**

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**Credit Card #:**

Type: Visa MasterCard

**Billing Address for Credit Card**

Confirmation for the course and other correspondence will be given via EMAIL, so please print legibly. Please bring clothing appropriate for lab. CEU’s will be granted from the California Physical Therapy Association, and the Board of Certification for ATCs. All course cancellations must be submitted in writing and received at least 7 days prior to the course. Refunds or transfers may incur a $50 fee for processing. UCSF Physical Therapy will not be responsible for other expenses refunded other than course tuition. No refunds given after 7 days prior to the course. UCSF reserves the right to cancel a course up to 2 weeks prior to course for circumstances beyond its control, with only tuition being fully refunded. UCSF Mission Bay Campus location can be found on Google maps.