Change the way you approach:
Running Injuries
Return to Run Protocols
Gait Abnormalities
Overstriding
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 to use on Monday morning!”

“The running analysis pointed out the benefit of changing stride, body positioning, and helped keep me from chronic cramping.”

-Ironman Athlete, San Francisco
In this one day course you will learn to complete a comprehensive running evaluation in 5 minutes and dramatically help your active population.

A bout th e Co urse

This course will teach clinicians the latest research on running biomechanics and equip them with the necessary tools to perform a comprehensive observational running analysis for runners of all levels. The instructors will break down the critical phases of running, highlight key events, and relate abnormal biomechanics to common overuse injuries and performance issues. By the completion of this course, participants will be prepared to perform a comprehensive observational running analysis within 5 minutes. Lecture series with a short breakout lab.

C ourse O utline:

8:00 Registration
8:30 Introductions, systematic running analysis
9:00 Running medicine, epidemiology, tendinopathy
9:45 Biomechanics; research on running, clinical applications/correlations. Research updates.
10:30 Break.
10:45 Observational running analysis, norm & abnorm.
11:00 PT evaluation based on running dysfunctions
12:00 Lunch
1:00 Running analysis; live demo with evaluation
1:45 Trends in running culture – Barefoot, Chi, Pose
2:30 Break
2:45 Video analysis of runners; normal vs abnormal
3:30 Treatment aspects; tips and tricks
4:00 Conclusion, summary evaluation

C ourse Instructors

Richard Souza, PT, PhD, ATC, CSCS, received his Ph.D. in biomechanics from the University of Southern California. He joined UCSF Department of Radiology and Biomedical Imaging in May 2008 as a postdoctoral scholar focusing on quantitative MRI of cartilage. Rich is a faculty member in the Department of Physical Therapy and Rehabilitation Science at UCSF where he has involvement and special focus in projects that evaluate the loading behavior on cartilage health. Dr. Souza has presented nationally on topics of biomechanics and running injuries, including at ACSM and APTA conferences.

Christopher DaPrato, DPT, SCS, CSCS, PES, obtained his MPT from CSU LB, and his clinical doctorate from Temple University. DaPrato is currently an Assistant Professor at UCSF and works primarily with the sports and orthopedic population, specializing in the endurance athlete. He was previously a team PT for athletes at the University of California, Berkeley, and worked extensively with their track and field team. DaPrato has been teaching CEU courses specifically in the areas of athlete return to play, sports specialty LE concepts, and unique manual therapy applications in running injuries & athlete care.

Anthony Luke, MD, MPH, completed a primary care sports medicine fellowship at the Children's Hospital of Boston and master's degree in public health at Harvard University. Dr. Luke is board certified in primary care for sports medicine, has experience serving as medical race director for the SF Marathon, Nike Women's Marathon, the SJ Rock N Roll Half, and Escape from Alcatraz.

Learning Objectives

Participants will be able to:

- Identify common injuries affecting recreational runners
- Describe the EBM behind biomechanical analysis for common running injuries incl. PFPS & ITB syndrome.
- List the clinical corollaries to common biomechanical dysfunctions that can be tested in PT evaluation.
- Execute a running evaluation within 5 minutes using a standard treadmill, free smart technology and app software.
- Contrast recent trends and evidence in running culture, including Chi Running, Barefoot, & Pose method.
- Differentiate EBM treatment strategies for each of the biomechanical abnormalities identified.

Email questions to: Christopher.DaPrato@ucsf.edu

Registration Form

Dates and Location:

- Saturday, November 5th 2016     8:00 am-4:00 pm
  - Location: UCSF Human Performance Center
  - 1500 Owens Street, San Francisco, CA, 94158

Discipline: PT ATC PTA MD

Name

Faculty

Billing Address for Credit Card

Email

Phone

Tuition:

- Price per participant $210
- Student discount price = $75

Group Discounts available > 3

Amount

Total:

Method of Payment:

- Check# (Payable to UC Regents)
- Credit Card #:
  - Type: Visa MasterCard

Accommodations:

- Standard Hotel Room
- Standard Inn Room

Confirmation for the course and other correspondence will be given via EMAIL, so please print legibly. Please bring clothing appropriate for lab. CE U'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.