

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"

**Course sells out each offering
Please sign up early!**



Department of Physical Therapy & Rehabilitation Science
1500 Owens St, Suite 400, Mission Bay
San Francisco, CA 94158

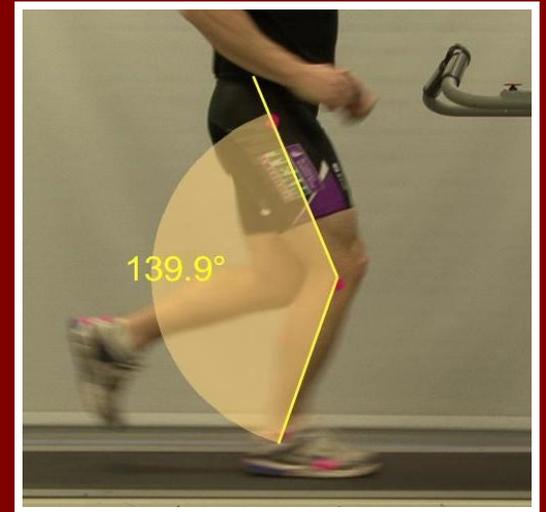


**The UCSF Running Course:
Clinically Applied
Biomechanics**



November 18th, 2017

Hosted by the UCSF Department of
Physical Therapy & Rehabilitation Science



UCSF Human Performance Lab
Saturday 8:00 am - 4:00 pm
1500 Owens St, Suite 110, Mission Bay
San Francisco, CA, 94158

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

About the Course



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.

Course Outline:

- 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. 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



Course 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 CSULB, 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 18th 2017 8:00 am-4:00 pm
 Location: UCSF Human Performance Center
 1500 Owens Street, San Francisco, CA, 94158

Discipline: PT ATC PTA MD

Name _____
 Facility _____
 Billing Address for Credit Card _____
 Email _____
 Phone _____

Tuition:

Price per participant \$225
 Student discount price = \$75
 Group Discounts available > 3
 Amount _____
 Total: _____

Method of Payment:

Check# _____ (Payable to UC Regents)

Credit Card #: _____
 Type: Visa MasterCard Exp. date _____

This form must be received at least 5 days prior to course. May be scanned & emailed to: DaPrato@ucsfmedctr.org Or mailed to: UCSF Physical Therapy, Con-Ed 1500 owens, suite 400 SF, CA, 94158



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.