MORE THAN A DIAGNOSIS. A CLINICIANS GUIDE TO MANAGING THE INJURED RUNNER

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DISCLOSURES: none

OBJECTIVES: Upon completion of this course, you be able to:
1)Participants will be able to identify key components of the evaluation, treatment and return to run phases of an injured runner
2)Participants will be able to appreciate how treating impairments is a more desired approach compared to treating diagnosis
3)Participants will gain an appreciation for how differences in treatment philosophies can still lead to desired outcomes

REFERENCES:
Davis, IS, Futrel, EI; Gait Retraining: Altering the Fingerprint of gait; Physical Medicine and Rehabilitation Clinics of North America, Volume 27, Issue 1, Pages 339-355

Almeida MO, Davis IS, Lopes AD; Biomechanical Differences of Foot-Strike Patterns During Running: A Systematic Review With Meta-analysis. JOSPT 2015, Oct;45(10):738-55.


Davis IS; The re-emergence of the minimal running shoe; JOSPT, 2014 Oct;44(10):775-84


This is a preliminary handout. Full handout will be posted on the SPTS website on the CSM handout page on the day of the lecture


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OUTLINE:
1)Introduction - 5 min
2)Case Study 1 - 30 min
3)Case Study 2 - 30 min
4)Case Study 3 - 30 min
5)Questions - 15 min

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