



PERFORMANCE ENHANCEMENT FOR THE SPORTS PT

**NATIONAL INSTITUTE
FOR FITNESS AND SPORT**

INDIANAPOLIS, INDIANA

OCTOBER 20, 2018



**AMERICAN ACADEMY OF
SPORTS PHYSICAL THERAPY**

Featuring

**Dan Lorenz, PT, DPT, LAT, CSCS
Overland Park and Kansas City, Kansas**

**Scot Morrison, PT, DPT, OCS, CSCS
Portland, Oregon**

Performance Enhancement for the Sports PT is a comprehensive one day seminar that will benefit both the student and early career physical therapist as well as the experienced professional. It is sponsored by the American Academy of Sports Physical Therapy.

Presented by two physical therapists with extensive experience in strength and conditioning and performance enhancement, this course will take the attendee from the principles of strength and conditioning, screening and testing, to detailed demonstrations of proven techniques for enhancing athletic performance. Instructors will also emphasize prescriptions for athlete return to play.

The seminar includes digital handouts, break refreshments and lunch. The cost is \$195 for AASPT members, \$225 for non-AASPT members, and \$105 for students. Seminar provides 7.5 BOC CEUs.

Register now at <https://tinyurl.com/ybqgr7q2> OR www.spts.org/store. Space is limited for this dynamic course!

Dan Lorenz, DPT, PT, ATC/L, CSCS

Dan Lorenz is a co-owner and Director of Clinical Operations for Specialists in Sports and Orthopedic Rehabilitation. He has a B.S in Health Sciences with an Emphasis in Athletic Training from Grand Valley State University in 1999 and a M.S in Physical Therapy from GVSU in 2001. In 2009, Dan earned a Doctor of Physical Therapy from the University of St. Augustine. From 2004-2005, Dan completed the Duke University Sports Physical Therapy Fellowship. Following the stint at Duke, he was an assistant athletic trainer and physical therapist for the Kansas City Chiefs from 2005-2007. Currently, he is the Chair of the Sports Performance Enhancement Special Interest Group (SIG) for the AASPT. Dan has presented numerous times at national and state conferences on sports medicine, focusing on performance enhancement in the terminal phases of rehabilitation. Recently, he was awarded the Sports Medicine/Rehabilitation Professional of the Year by the National Strength and Conditioning Association.

Scot Morrison, PT, DPT, OCS, CSCS

Scot Morrison is a well respected physical therapist and strength coach who focuses on the intersection of sports medicine and training for high performance. He is the former director of medical services for the Professional Referee Organization and regularly consults at the collegiate and professional levels. His special interests include: the management of tendinopathies and other athletic overuse injuries, data-driven return-to-play processes, and the integration of sound exercise prescription into rehabilitation and return to performance. Scot has published in a number of peer-reviewed journals, and he regularly conducts private educational seminars for sports medicine professionals. He is currently located in Portland, OR.

National Institute of Fitness and Sport

The National Institute for Fitness and Sport is dedicated to enhancing human health, physical fitness and athletic performance through research, education and service for people of all ages and abilities. The NIFS mission is carried out through a variety of departments, including Athletic Performance, Corporate Fitness Management, Educational Services, Fitness Center and Youth Development. **Go to <https://www.nifs.org> for information.**

AGENDA

7:30 am - 8:00 am

Registration/Check in

8:00 am - 9:20am

**Session I: NIFS Auditorium
Principles of Strength and Conditioning**

9:20 am - 10:10 am

Begin at the Beginning: Screening and Testing

10:10-10:30

Break

10:30 am - Noon

Practical Programming for Strength and Power

12-12:45 pm

Lunch (provided)

12:45 pm - 1:30 pm

**Session II: NIFS Fitness Center
UE Exercise Prescription**

1:30 pm - 2:15 pm

LE Exercise Prescription

2:15 pm - 2:30 pm

Break

2:30 pm - 3:00 pm

Dynamic Flexibility/Warm Up

3:00 pm - 3:30 pm

Practical LE/UE Plyometric Progressions

3:30 pm - 4:00 pm

Connecting the Extremities "Core" Training

4:00 pm - 4:30 pm

Progressions/Regressions & Making it All Work

4:30 pm - 5:00 pm

Q and A, Wrap Up

Recommended Hotels

Courtyard by Marriott (317) 822-9029

JW Marriott (317) 860-5800

Fairfield Inn and Suites (317) 636-7678

Downtown Marriott (317) 822-3500

Parking

Parking is available at Lot 89 across from NIFS

NIFS map available at <https://www.nifs.org> for information