

Physiotherapy Academy

Functional Running Assessment and Gait Re-education

With James Dunne & Brad Neal

Outline

This two day course offers healthcare and fitness professionals, coaches and athletes a unique opportunity to learn an evidence based approach to assessing, rehabilitating and developing runners and triathletes.

Develop a comprehensive and applied understanding of current research surrounding best clinical and coaching practices in the assessment and functional rehabilitation of running injuries, using biomechanical principals.

Objectives

At the end of the course you will be able to:

- Develop an improved understanding of the term 'Biomechanical Overload Syndrome' and the principles of the 'tissue stress and strain' theory and its clinical relevance to BOS
- Apply sound biomechanical principles to the assessment and rehabilitation of running injuries and apply a protocol based running gait assessment for application on a treadmill, running track or equivalent.
- Understand the current research underpinning our understanding of subject specific 'optimal' running kinetics/kinematics and the efficacy of running gait re-education as a means of rehabilitation for various lower limb pathologies.
- Develop confidence in the reliable application of a running specific functional movement screen (prior to running gait assessment)
- Develop an understanding of the primary running specific dysfunctions that are typically identified based on an FMS, and their potential consequences
- Learn to clinically interpret the combined findings of a FMS and running gait assessment and develop heightened clinical reasoning skills with regards to pathology specific assessment findings
- Learn to identify common running gait characteristics and compensations displayed by both injured and uninjured runners and develop the clinical reasoning skills required to understand and explain why they are driving or may lead to pathology

- Improve upon your clinical reasoning ability to prescribe relevant exercises and develop the knowledge required to prescribe running specific coaching drills to facilitate desired movement outcomes
- Learn the coaching skills required to implement targeted changes to a runner's gait over a relevant timeframe and develop the ability to adequately structure a long-term biomechanical rehabilitation and return to running program for your athletes

Tutor Profiles

James is a Sport Rehabilitation coach, specialising in running gait re-education and exercise-based rehab. His passion is for identifying and correcting the dysfunctional movement patterns that cause overuse injuries or impaired efficiency in endurance athletes. He holds a degree in Sport Rehabilitation and has a special interest in the functional biomechanics of running.

Brad is a Specialist Musculoskeletal Physiotherapist and Research Lead at Pure Sports Medicine. His clinical interest lies in the field of Biomechanics, Patellofemoral Pain (PFJP), Tendinopathy and other overload pathologies. Academically he is a PhD candidate at Queen Mary, University of London on the topic of hip strengthening and running re-education for PFJP.

Date: 9th to 10th April 2016

Times: 8:30am – Registration
9:00am – 5:00pm – Day 1
8:30am – 5:00pm – Day 2

Venue: The Manor Hospital, Oxford

Cost

Fusion Physiotherapists: £ 212

External Physiotherapists: £235

Book online at www.nuffieldhealth.com/physioacademy