

# WPTA Fall Conference

October 6-7  
Casper, WY

Location  
Casper College,  
Casper, Wyoming

WYPTA and North American  
Seminars, Inc.  
present

# Running Injuries

Examination, Differential Diagnosis and  
Treatment Interventions



Presented by  
Jeff Taylor-Haas,  
PT, MPT, OCS, CSCS

**This course is 15 contact hours/1.5 ceus**  
18 contact hours/1.8 ceu's for therapists licensed in Florida, North  
Carolina, New York, Illinois or the District of Columbia.

Certificates of attendance for CEU verification are  
provided after successful completion of the course.

For additional information contact  
Kathy Day or Jennifer at 307-235-3910  
or go to [www.wypta.org](http://www.wypta.org)

## Day One

7:30	8:00	<b>Registration</b>
8:00	8:45	<b>Lower Extremity Anatomy Review</b> <ul style="list-style-type: none"><li>• Subtalar joint as quarterback of the foot &amp; ankle</li><li>• Relate principles of lower extremity anatomy to running biomechanics</li></ul>
8:45	9:15	<b>Walking vs. Running Biomechanics</b> <ul style="list-style-type: none"><li>• Compare walking kinematics to running kinematics</li></ul>
9:15	9:30	<b>Break</b>
9:30	10:15	<b>Running Biomechanics</b> <ul style="list-style-type: none"><li>• In-Depth review of normal running kinematics &amp; kinetics</li><li>• Understand timing and muscle activation pattern during running</li></ul>
10:15	10:45	<b>Running Biomechanics</b> <ul style="list-style-type: none"><li>• Effect of speed, gender and age on running biomechanics</li></ul>
10:45	11:00	<b>Break</b>
11:00	12:00	<b>Runner's Biomechanical Examination</b> <ul style="list-style-type: none"><li>• Evidence-based lower extremity evaluation</li><li>• Hip, knee, foot &amp; ankle evaluation</li><li>• Navicular drop assessment: open chained &amp; closed chain</li></ul>
12:00	2:00	<b>Lunch (provided)</b>
2:00	2:30	<b>Running Shoes</b> <ul style="list-style-type: none"><li>• Features of 3 classes of running shoes</li><li>• Barefoot running</li><li>• Evidence-based running shoe prescription</li></ul>
2:30	4:30	<b>Lab Session I: Running Biomechanical Examination</b> <ul style="list-style-type: none"><li>• Postural assessment</li><li>• Functional tests for the neuromuscular strength and control</li><li>• Systematic lower extremity examination</li><li>• Core strength and endurance</li></ul>
4:30	4:45	<b>Break</b>
4:45	6:15	<b>Taping &amp; Orthotics Lecture</b> <ul style="list-style-type: none"><li>• Orthotic history &amp; evolution of theories</li><li>• Evidence-based effects of orthotics on running biomechanics</li><li>• Orthotic fabrication algorithm</li><li>• Evidence-based effects of tape on running gait</li></ul>

## Day Two

7:30	8:45	<b>Taping Lab</b> <ul style="list-style-type: none"><li>• Calcaneal taping</li><li>• Low dye taping</li><li>• Augmented low-dye taping</li></ul>
8:45	9:30	<b>Evidence-Based Evaluation &amp; Treatment of Common Running Injuries</b> <ul style="list-style-type: none"><li>• Achilles tendonitis vs. Achilles tendinosis</li><li>• Plantar heel pain</li></ul>
9:30	10:00	<b>Evidence-Based Evaluation &amp; Treatment of Common Running Injuries</b> <ul style="list-style-type: none"><li>• Patellofemoral Syndrome</li><li>• Iliotibial Band Syndrome</li><li>• Medial Tibial Stress Syndrome</li></ul>
10:00	10:15	<b>Break</b>
10:15	11:00	<b>Evidence-Based Treatment of Common Running Injuries</b> <ul style="list-style-type: none"><li>• Stress Fractures: intrinsic &amp; extrinsic risk factors</li><li>• Greater trochanteric pain syndrome</li><li>• Femoral acetabular impingement</li></ul>
11:00	11:30	<b>Performing a 2-D Gait Analysis</b> <ul style="list-style-type: none"><li>• Proper set-up and review of equipment needs</li><li>• Correlating the runner's biomechanical examination &amp; 2-D gait analysis</li><li>• Setting up a runners clinic</li></ul>
11:30	12:00	<b>Gait Analysis Case Studies</b> <ul style="list-style-type: none"><li>• Synthesize and apply learned material</li></ul>
12:00	12:45	<b>Lunch (on your own)</b>
12:45	1:30	<b>Evidence-Based Runner Specific Functional Exercise Lecture</b> <ul style="list-style-type: none"><li>• Muscle activation studies</li><li>• Running-specific functional exercise progression</li></ul>
1:30	3:45	<b>Case Studies &amp; Exercise-Specific</b> <ul style="list-style-type: none"><li>• Synthesize and apply material to specific cases</li><li>• Review running-specific functional exercises</li></ul>

## About the Educator

**Jeff Taylor-Haas, PT, MPT, OCS, CSCS** is a sports physical therapist at Cincinnati Children's Hospital Medical Center in Cincinnati, Ohio. Mr. Taylor-Haas obtained a Master of Physical Therapy degree from Saint Louis University in 2004 and is a board certified orthopedic specialist in physical therapy from the American Physical Therapy Association. He is also a Certified Strength & Conditioning Specialist from the National Strength & Conditioning Association and an Adjunct Faculty member at the College of Mount Saint Joseph in Cincinnati, Ohio for the department of physical therapy.

In 2004, Mr. Taylor-Haas co-authored and presented "Frontal Plane Kinematics & Correlations of Hip and Knee Angles During the Stance Phase of Running: Comparisons Between Two Speeds" as a sports physical therapy platform presentation at CSM in 2004. Jeff has lectured most recently in Illinois and Ohio on performing a Two-Dimensional running video gait analysis, evidence-based treatment of common running injuries and performing a runner's biomechanical examination.

Jeff treats runners and athletes of all ages and all levels of competitiveness. He specializes in performing 2-D video gait analysis, fabricating orthotics, performing a functional lower extremity biomechanical examination and providing all patients with a comprehensive, evidence-based treatment approach.

An avid runner, Mr. Taylor-Haas has completed 7 marathons, including the Boston Marathon twice, and has a special interest in running injury prevention.



## Why You Should Attend This Course

This two-day intermediate level lecture and hands-on laboratory course will provide the clinician with the most recent evidence-based practice guidelines for the examination, differential diagnosis and treatment interventions for running-related injuries. New research on how to accurately diagnose and treat plantar heel pain, Achilles tendinosis, Achilles tendonitis, patellofemoral syndrome, iliotibial band syndrome, stress fractures and muscular strains will be reviewed. An emphasis on the utilization of video gait analysis as a key diagnostic and treatment tool will be incorporated throughout the course. Hands-on laboratory break-out sessions will focus on performing a functional biomechanical examination specific to runners, fabricating orthotic devices, and performing and interpreting selected special tests for the hip, knee and ankle with an emphasis on their application to runners. Case studies will be utilized throughout the course to illustrate key concepts. This interactive course will allow course participants to enhance their diagnostic, examination and treatment skills of injured runners. The overall course objective is to provide course participants with a thorough understanding of running biomechanics and the most recent evidence-based practice guidelines in order to effectively and efficiently enhance the quality of patient outcomes. A comprehensive course packet will include pictures, references and clinical pearls for quick reference in the clinic.

## Course Objectives

Upon completion of this course, participants will be able to:

- Understand the relationship between lower extremity anatomy and physiology and running biomechanics.
- Independently and accurately perform a functional runner-specific lower extremity evaluation.
- Understand normal running mechanics and apply this understanding to successfully treating injured runners.
- Identify and apply the latest evidence-based approaches to evaluating and treating the following common running injuries: plantar heel pain, Achilles tendonopathy, medial tibial stress syndrome, stress fractures, chronic exertional compartment syndrome, patellofemoral syndrome, iliotibial band syndrome and lateral hip pain.
- Independently assess a running two-dimensional video gait analysis with emphasis on breaking down a runner's form from the anterior, lateral and posterior views.
- Correlate biomechanical examination findings with a two-dimensional video gait analysis in order to apply evidence-based running-specific exercises to treat the runner's biomechanical impairments.

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## Registration Form

### Running Injuries

**Course Tuition: \$425**

Send tuition to: WYPTA  
1347 South Wisconsin  
Casper, WY 82609

Name \_\_\_\_\_ Profession \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Check Number \_\_\_\_\_  
Phone (required) \_\_\_\_\_ APTA # \_\_\_\_\_  
e-mail (required) \_\_\_\_\_  
Location of attendance \_\_\_\_\_

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.