

Jamey Gordon - Runner's Rehab Master Class

Faculty:

Jamey Gordon

Duration:

5 Hours 48 Minutes

Format:

Audio and Video

Copyright:

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Description

“I run because it is who I am, not just something I do.”

Running defines some people. Physically and emotionally painful, injury leaves many runners disconnected and lost.

If you're chasing pain from joint to joint without getting to the “whys” of running injuries, you're not just losing time, money, and referrals, you're failing to give your patients' back a key component of who they are.

Created by one of the most trusted names in sports rehabilitation, the Runner's Rehab Master Class will teach you how you can achieve incredible results with a wide range of running injuries using today's top evaluation and treatment strategies!

Dr. Jamey Gordon has over 20 years of experience treating runners and helping athletes achieve peak performance in the MLB, NFL, NBA, and Olympics.

In this recording, he shares a proven framework for rehabilitating runners that combines today's best practices to correct movement dysfunctions, manage symptoms, and achieve immediate improvements in function so your patients can safely cross the finish line.

Make yourself the go-to resource for resolving frustrating running injuries in your clinic or facility, and feel the satisfaction of giving runners back a part of who they are!

Handouts

Manual – Runner's Rehab Master Class
(10.1 MB)

18 Pages

Available after
Purchase

Outline

HOT TOPICS AND INNOVATIONS IN RUNNER'S HEALTH

- How cutting edge research is helping patients cross the finish line

HANDS-ON LAB: UPGRADE YOUR ASSESSMENT AND CLINICAL REASONING SKILLS

- Get to the root cause of impairments faster with better evaluation techniques for:
 - Foot, knee, shin, hip, and back pain
 - Movement dysfunction
 - Fascial and joint restrictions
 - Muscle tightness and weakness
 - Balance, stability and mobility
 - Nerve entrapments

HANDS-ON LAB: REVOLUTIONIZE YOUR REHAB TOOLBOX FOR RUNNING PATIENTS

- Practice today's most effective techniques to:
 - Correct and enhance movement
 - Eliminate pain
 - Loosen tight muscles
 - Decompress entrapped nerves
 - Reduce reinjury
 - Boost speed, power and endurance
 - Enhance balance, coordination, stability and mobility
 - Improve patient buy-in

HANDS-ON LAB: COMBINE MULTIPLE TECHNIQUES MORE EFFECTIVELY FOR BETTER RESULTS

- Practice integrating:
 - Joint mobilization
 - Soft tissue mobilization
 - Stretching and strengthening techniques
 - Orthotics
 - Functional movement assessment and targeted corrections
 - Home exercise prescription
 - Patient education

HANDS-ON LAB: DESIGN ADVANCED TREATMENT AND PERFORMANCE ENHANCEMENT PLANS FOR YOUR PATIENTS

- Develop effective, innovative strategies for specific impairments, including:
 - Foot and heel impairments
 - Plantar fasciitis
 - Heel and foot pronation
 - Tibial torsion
 - Tight heel cords
 - Pronation
 - Knee and thigh impairments
 - Patellofemoral pain syndrome
 - Tendinitis/tendinosis
 - Stress fractures
 - Shin splints
 - Iliotibial band friction syndrome
 - Tight/strained calves
 - Tight/strained hamstrings
 - Femoral acetabular impingement
 - Genu varum (bow legging)
 - Limb length discrepancy
 - Hip and back impairments
 - Mechanical imbalance
 - Pelvic imbalance
 - Spinal curvature
 - Degenerative disk
 - Sacroiliac dysfunctions
 - Age-related degeneration
 - Osteoarthritis

CASE STUDIES: PUT KNOWLEDGE TO PRACTICE

- Case study 1: Correctly select the root cause of impairment
- Case study 2: Identify and correct complex movement dysfunction
- Case study 3: Evaluate and treat hip pain during running
- Case study 4: Design an advanced treatment strategy and training plan for a high level athlete
- Case study 5: Improve athletic performance and power output
- Case study 6: Overcome barriers to effective strategy implementation

DON'T LEAVE MONEY ON THE TABLE!

- Coding and billing updates for runner's rehab
- Justify therapy with the right progress measures
- Avoid denials and audits with these tips

Faculty

Jamey Gordon, PT, DPT, ATC, CSCS Related seminars and products: 2

Jamey Gordon, PT, DPT, ATC, CSCS, is an expert in sports rehabilitation with over 20 years of experience guiding athletes to peak performance. Passionate about helping clients reach their full potential, he has worked with a host of professional athletes in the MLB, NFL, NBA, and Olympic levels, as well as thousands of youth, high school, collegiate, and recreational athletes.

He serves as the director of athletic development at Pro X, where he oversees all rehabilitation, speed, strength and agility training, and skill development activities. Dr. Gordon travels nationally to present seminars on athletic development and sport rehabilitation, and he is known for his dynamic, hands-on teaching style.

In addition, he serves as a fellowship mentor and clinical instructor for the physical therapy program at Washington University in St Louis, his alma mater for both his Masters and Doctoral degrees.

Speaker Disclosures:

Financial: Jamey Gordon is the Director of Athletic Development at Pro X. He receives a speaking honorarium from PESI, Inc.

Non-financial: Jamey Gordon has no relevant non-financial relationship to disclose

Proof Content

 Handouts	 	10.1 MB
 1. Runner's Rehab Master Class - IATTRCORIFTEB.mp4	 	1.9 GB