Course Outline

A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions

Friday, April 24, 2009

7:30 am  Registration/Continental Breakfast
8:00 am  Introduction and Course Objectives
8:15 am  Review of Lower Quarter Biomechanics
9:00 am  Lower Quarter Pathology and Pathomechanics
10:30 am Break
10:45 am  Biomechanical Examination Lab I
12:00 pm  Break for lunch (on own)
1:00 pm  Biomechanical Examination Lab II
2:30 pm  Principles of Exercise Dosage and Progression
3:30 pm  Break
3:45 pm  Core and Hip Exercise Lab
5:15 pm  Wrap Up
5:30 pm  Adjourn

Saturday, April 25, 2009

8:00 am  Tendon Disease Update
9:00 am  Knee and Ankle/Foot Exercise Lab
10:15 am  Break
10:30 am  Squatting and Balance Lab
12:00 am  Wrap Up
12:15 am  Adjourn

Registration

Name: ________________________________

☐ PT ☐ ATC ☐ PTA ☐ _____

Address: ______________________________

City: _____________________________

State: ______________ Zip: ______________

Email: _____________________________

Phone: (___) _______________________

Course Fee: $300.00
Registration Deadline: April 17, 2009

Check (payable to: UMHS) ☐

Visa ☐ MC ☐

Card#: __________________________

Exp. Date: _________________________

Signature: X

Provider #P546
12 CEUs

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12 CEUs

MedSport Sports Medicine Program includes Orthopaedic Sports Medicine, Physical Therapy, Athletic Training Services and the Athletic Performance Center. This program provides services to area athletes at all levels; Olympic, professional, elite, collegiate, high school and recreational.

Our mission is to provide complete sports medicine services for orthopaedic related injuries and conditions. In addition, we will promote research and educational opportunities in sports medicine for our staff and students.

Complete location and hotel information will be sent upon registration.

Participants should be dressed in lab clothes that allow examination of the upper and lower extremity. Please alert the instructor if you have any medical conditions that may be a contra-indication to exercise.

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A Biomechanical Approach to Lower Quarter Strengthening: Application to Hip, Knee, and Ankle Conditions

Hosts

Kris Cooper
PT, DPT, OCS, MTC, FAAOMPT

April 24-25, 2009
Ann Arbor, MI

Please visit our web site for future 2009 courses
http://www.med.umich.edu/medsport/

Course Overview

This two day course explores lower extremity biomechanics during gait, squatting, and other functional activities and introduces an evidence-based exercise paradigm for core and lower quarter strengthening. Attendees will learn evaluation strategies and exercises that can be used immediately in the clinic for any patients with challenging lower extremity conditions such as patellofemoral pain, quadriceps or Achilles tendinosis, hip bursitis, and foot/ankle pain.

Intended Audience: PT, PTA, ATC

Instructor:

Kris Cooper PT, DPT, OCS, MTC, FAAOMPT completed his Master of Science degree in Physical Therapy at Grand Valley State University in 1999. He was board certified by the American Board of Physical Therapy Specialties as a Clinical Specialist in Orthopaedics (OCS) in 2001 and earned a certificate of competency in Vestibular Rehabilitation from Emory University in 2002. He then did a residency in Orthopaedic Manual Therapy with the Ola Grimsby Institute in 2004 and completed his Doctorate in Physical Therapy (DPT) and certification in Manual Therapy (MTC). In 2006 he completed a Fellowship program with the OGI and is recognized as a Fellow in the American Academy of Orthopaedic Manual Physical Therapists. He is the clinic director of Physiotherapy Associates in Kalamazoo, MI where his practice focuses on the treatment of neck/back pain, sports medicine injuries, and dizziness/vestibular disorders. He has worked with patients of all levels, including treating the Chicago Cubs for several years. Kris lectures around the country on manual therapy, exercise, and other orthopaedic topics.

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