Putting the Athlete in Triathlete: A Clinician’s Role in Endurance Sports

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.

Media Sport 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.
Course Overview

As leaders in musculoskeletal health, we are the obvious source when getting over injury. Moving forward, it’s critical that therapists and athletic trainers can utilize their strengths to advance an injured athlete back to race day, and more importantly, aim to optimize performance. In this course, we’ll explore the relationship of form and function. For each sport, we’ll examine how an individual’s body plays a role in their form, and address body function for sports-specific needs. Then we’ll “close the loop,” as we dig deeper into the mechanics of swimming, biking, and running, cover clinical bike fit, and running gait assessments as a service you can provide to your patients and clients. To tie this together, we’ll cover tips and cues you can use to reinforce your hands-on work in the clinic, and explore a paradigm for exercise progression for endurance sports. This course will blur the lines between rehab and performance training we concentrate on one simple goal: helping our athletes achieve their goals.

Speaker:

Originally from New Orleans LA, Jay completed the Masters of Physical Therapy degree at Louisiana State University Medical Center and is a Board-Certified Sports Clinical Specialist. Jay built his international reputation as an expert in biomechanical analysis as Director of the SPEED Clinic at the University of Virginia, and now as Director of the REP Biomechanics Lab in Bend, OR. Jay blends the fields of clinical practice, coaching, and engineering to better understand and eliminate the cause of overuse injuries in endurance athletes. His unique approach goes outside the traditional model of therapy and aims to correct imbalances before they affect your performance. Jay literally wrote the book on running gait assessments: he is author of “Anatomy for Runners”, writes columns for numerous magazines, and has published over twenty professional journal articles and book chapters. Jay has had an active research career, and consults for numerous footwear companies, the US Air Force, USA Track and Field, and USA Triathlon. Having taught in the Sports Medicine program at UVA, he brings a strong bias towards patient education, and continues to teach nationally to elevate the standard of care for Therapists, Physicians, and Coaches working with endurance athletes.

In addition to his clinical distinction, Jay is a certified coach through both the United States Track and Field Association and the United States Cycling Federation, and certified Golf Fitness Instructor through Titleist Performance Institute. He has a competitive history in swimming, triathlon, cycling, and running events on both the local and national level, and has coached athletes from local standouts to national medalists.

Hosts

Putting the Athlete in Triathlete:

A Clinician’s Role in Endurance Sports

Presented by

Jay Dicharry, MPT, SCS

April 20-21, 2013
Ann Arbor, MI

Future MedSport Courses

May 17, 2013

June 7-8, 2013
Upper Quadrant Course