



Duke Medicine
**Department of Physical Therapy &
Occupational Therapy**

**REHABILITATION OF THE INJURED ATHLETE:
LOWER EXTREMITY**

- WHEN:** July 24, 2010
7:30AM - 5:15PM
- WHERE:** Duke Doctor of Physical Therapy Department
2200 West Main Street
Durham, NC 27708
- WHO:** Physical Therapists/ Physical Therapist Assistants/ Athletic Trainers/ Students
- COST:** Early Professional (Post-marked before June 25, 2010) = \$150
Late Professional (Post-marked before July 16, 2010) = \$200
University/College Student = \$75

Course materials will be provided on site.

A light breakfast and afternoon refreshments will be provided. LUNCH ON YOUR OWN.



Duke University Department of Physical and Occupational Therapy is an approved provider by the NCPTA and this course qualifies for 7.75 CONTACT HOURS for NC Board of PT Examiners Continuing Competence requirements.



Duke University Hospital - Physical/ Occupational Therapy is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.75 HOURS of Category A continuing education.

According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

Course Co-Director

Randall Lazicki, PT, DPT, LAT, ATC, CSCS

Course Co-Director

Dawn Driesner, PT, DPT, OCS, COMT

Faculty

Cheryl Thomas, PT, DPT
Jennifer Moody, PT, DPT, TPI-GFI
Shefali Christopher, PT, DPT, LAT, ATC
Lacy Jennings, PT, DPT, MTC
Jenna Kellner, PT, DPT, SCS, LAT, ATC
Rosie Canizares, PT, DPT
Kelly Hess, PT, DPT, SCS

DIRECTIONS

http://dpt.duhs.duke.edu/modules/cfmdpt_find/index.php?id=1

CONTACT/QUESTIONS/SPECIAL NEEDS

randall.lazicki@duke.edu or (919) 613-6612

BACKGROUND

Proper return to sport requires a sound understanding of the functional rehabilitation progression for lower extremity pathologies. This course will review key concepts in the rehabilitation of the injured athlete from youth to professional level as well as the weekend warrior. In addition, return to running, jumping, cutting and sport will be discussed and the use of specific functional performance testing measures. The breakout sessions will focus on sport specific rehabilitation theories, concepts, and techniques as well as dynamic sports specific interventions and biomechanics.

LEARNING OBJECTIVES

After this course, participants will be able to:

- Identify and understand key concepts for functional rehabilitation.
- Effectively utilize and incorporate dynamic testing and intervention strategies/techniques to return athletes to their prior level of functional performance.
- Utilize return to sport progressions to return athletes to competition safely and effectively
- Develop an understanding of various sport specific concepts, theories, and techniques to utilize with youth, recreational and professional athletes.

SCHEDULE

Registration and Continental Breakfast

7:30AM – 8:00AM

Functional Anatomy and Biomechanics of the Lower Extremity

8:00AM – 8:30AM Dawn Driesner, PT, DPT, OCS, COMT

Functional Rehabilitation of the Lower Extremity: Key Concepts

8:30AM – 9:00AM Randall Lazicki, PT, DPT, LAT, ATC, CSCS

Manual Therapy Techniques for the Lower Extremity

9:00AM – 9:45AM Dawn Driesner, PT, DPT, OCS, COMT

BREAK

9:45AM – 10:00AM

Return to Sport: Running, Jumping, Cutting, and Agility

10:00AM – 10:45AM Jenna Kellner PT, DPT, SCS, LAT, ATC

Functional Performance Testing for the Lower Extremity

10:45AM – 11:30PM Randall Lazicki, PT, DPT, LAT, ATC, CSCS

BREAK

11:30PM – 11:45PM

Sport-Specific Breakouts

Group I

11:45AM – 12:30PM

The Golfer's Hip

Jennifer Moody, PT, DPT, TPI-GFI

12:30PM – 1:15PM

Dance Injury/Rehab

Rosie Canizares, PT, DPT

1:15PM – 2:15PM

LUNCH ON YOUR OWN

2:15PM – 3:00PM

Soccer Injury Prevention

Kelly Hess, PT, DPT, SCS

3:00PM – 3:45PM

Tri-Athlete Rehabilitation

Shefali Christopher, PT, DPT, LAT, ATC

3:45PM – 4:30PM

Clinical Pearls for Gymnastics

Cheryl Thomas, PT, DPT

4:30PM – 5:15PM

Pilates in Sports Rehabilitation

Lacy Jennings, PT, DPT, SCS, MTC

Course Evaluation and Continuing Education Certificates

5:15PM





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REGISTRATION FORM

Please make check payable to Duke PT/OT

Mail to:

Juanita Moore
Duke University Medical Center
Department of Physical and Occupational Therapy
BOX 3965
Durham, NC 27710

I read and understand the refund policy printed below

Name: _____

PRINT name and credentials as you want on certificate of attendance

Profession: _____ License #: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: (____) _____ Email Address: _____

Early Professional (Post-marked before June 25, 2010) = \$150

Late Professional (Post-marked before July 16, 2010) = \$200

University/ College Student = \$75

No On-site Registration

You will be notified by email or phone when your registration has been processed

Cancellation and Refund policy: Program and speakers subject to change. Participants should apply new information and skills within the scope of state licensure law. No refunds will be given for cancellation.

