



«Running Focused - Reconciling Biomechanics with Pain Science»

Med Greg Lehman



Dato: Fredag 12. og lørdag 13. mai 2023

Sted: Akimi, Asker

Kursavgift: PFF-medlem: 4.900,-,
Andre: 6.500,- (etter 1. november)

Kursplasser: 35

Påmelding: www.fysioterapi.org

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Informasjon om foreleser:



Dr. Greg Lehman,
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*Physiotherapist, Chiropractor, Strength and Conditioning
Specialist and Clinical Education*

Dette kurset har vært holdt mer enn 100 ganger i mer enn 40 land og over 5 kontinenter! Greg har publisert over 20 artikler innen manuell terapi og biomekanikk, samt undervist ved Canadian Memorial Chiropractor College innen smertefysiologi, løpeskader, ryggsmarter og nevrologi. Selv med sin sterke bakgrunn innen det biomekaniske feltet, er hans interesse stor innen nevrologi og viktigheten bak de psykososiale risikofaktorene innen smertefysiologi og skader.

Han er opptatt av riktig skademetodikk innen behandling og rehabilitering, og ikke minst det forebyggende tiltaket med enkle teknikker for å unngå skader.

Formål med kurset – dette sier Greg selv

Running Focused - Reconciling Biomechanics with Pain Science is the running injury management version of the popular Reconciling Biomechanics with Pain Science course. We teach the principles of the practical applications of biomechanics and pain science and apply them to the problems associated with managing and treating endurance running athletes. Case studies will help the participant develop skills in exercise prescription, load management, symptom modification and cognitive restructuring (aka. Making sense of pain) This course is essentially the RBPS principles but applied to running athletes.

Running injury assessment, gait analyses, running biomechanics and running injury treatment are unnecessarily complicated. The research in the area is vast but unfortunately the clinically applicability is poorly delineated. The aim of this course is to provide a pathway and clinical reasoning framework for the therapist to work with runners and endurance athletes of all abilities while applying the best evidence available. The biopsychosocial model of care is currently the best framework we have for treating athletes. Typically, running injury management will focus on the tiny and irrelevant biomechanical features of running and will ignore other factors that create resiliency and allow you to best manage running injuries.

Hva kan du lære av kurset

The primary aim of this course is to demystify the management of running related injuries and the management of pain and injuries in general. Reconciling Biomechanics with Pain Science is a framework that helps participants address the multidimensional nature of pain. Running Focused - Reconciling Biomechanics with Pain Science uses running injury case studies to illustrate how this framework can be applied.

Upon the completion of the course the therapist will feel confident in:

- analysing and modifying the run training programs for injured and non-injured runners
- understanding running biomechanics and the relevance of those biomechanics for injury and performance
- performing a running gait assessment, modifications and re-education to keep runners running
- making the clinical decision of when to "expose versus protect" for the pained athlete.
- symptom modification techniques are specific to injured runners
- understanding the risk factors for running injury and how they can be modified
- prescribing "Comprehensive Capacity" exercises for both injury management and performance
- "cognitive restructuring" - how to use motivational interviewing and pain science principles to motivate behavioural change in the injured runner to create higher levels of self efficacy and resiliency

For informasjon om foreleser og publikasjoner:

<http://www.greglehman.ca/bio>

<http://www.greglehman.ca/greg-lehman-biography-in-depth>

Godkjent 14 timer for opprettholdelse av «Spesialist i Muskel og Skjelett Fysioterapi»

Spørsmål? Kontakt kursansvarlig Lin Vad – lin.vad@fysioterapi.org

Vi ønsker dere alle velkommen!