

Running Rehab: Running Retraining, Exercise and Performance

With:

Dr Christian Barton

Physio (Hons) PhD

Learning Outcomes

- Explore important principles to consider during assessment and rehabilitation of biomechanical and running injuries
- Understand ideal and potential biomechanical faults and their relationship with running injury
- Develop clinical skills to assess potential structural and functional biomechanical factors which may be linked to running injuries and performance
- Develop skills and clinical reasoning processes to apply running retraining
- Apply exercise and resistance training to assist in running injury management and performance
- Understand the implications of footwear modification to the management running injuries and performance

Dr Christian Barton, Physio (Hons) PhD

In this course, Christian will give you the skills and knowledge to diagnose and manage biomechanical deficits in injured runners. The course explores ideal lowerlimb biomechanics, provides an overview of how common biomechanical faults link to injury, and how to identify and address them in the clinic. The evidence behind and practical application of running retraining, exercise, footwear and other adjunctive interventions are explored in relation to both injury and performance.

This course is delivered by Dr Christian Barton, who has a highly respected international research profile, with more than 40 peer reviewed publications. He teaches courses in Australia, the UK and Scandinavia. Clinically, Christian specialises in the management of persistent and challenging knee and running related injuries, working with a range of elite athletes and in conjunction with many of Melbourne's leading orthopaedic specialists. This vital clinical insight ensure you will take away immediately clinically applicable skills.

Datum:	29-30 januari 2018
Tid:	08:45 – 17:00
Plats:	Specialistgruppens klinik, Warfvinges väg 26 112 51 Stockholm
Pris:	Pris 3900 SEK, (ex moms) vid anmälan senast 22/12. Därefter 4500 SEK. Betaling via faktura.
Anmälan:	info@specialistgruppen.se, ange namn, telefonnummer och fakturadress.
Information:	Tel: +46 8 400 240 55 eller info@specialistgruppen.se Villkor: Anmälan är bindande. Övrigt: Kursen hålls på engelska

OBS! Max 25 deltagare! Vi har noterat ett väldigt stort intresse för dessa kurser och de blir fulltecknade väldigt snabbt. Först till kvarn!

Mvh,
Martin Asker (Specialistgruppen)
Dr Christian Barton (Complete Sports Care)



Betyg och kommentarer från tidigare deltagare:

Betyg: 4,9 av 5,0 (betyg från 198 deltagare)

“Väldigt kul workshop med mycket praktiskt. Lärde mig otroligt mycket idag!”

“Toppen! Högsta betyg!”

“Tack för en otroligt bra kurs. Mycket bra och uppskattad föreläsare som kunde förklara på ett väldigt pedagogiskt sätt.”

“Tack för en suverän kurs! Otroligt inspirerande och lärorikt med mycket nyttiga tips. Ser fram emot nästa kurs:”