

גרג ליהמן חוזר אלינו שוב בשני קורסים:

פציעות אצל רצים

Running Resiliency: Injury management for all runners

ביה"ס לפיזיותרפיה, אסף הרופא 13-14/5/18

(יום א' 9:00-17:00, יום ב' 9:00-15:30)

Brief Course Description:

This two-day practical course is a thorough and extremely practice best-practice management of the injured runner. The course emphasis is on the manipulation of load and stress management in our injured patients and integrates running biomechanical principles within the biopsychosocial framework. Participants will be comfortable performing a thorough analyses of the all the factors contributing to stressors on a runner, gait analyses (with potential modifications) and exercise prescription for both performance and injury management. Participants will be comfortable changing an injured runner's training program to keep them running and will gain proficiency in designing training programs that also function as rehabilitation programs.

Course Objectives:

1. Learn the common running injury risk factors and means of modifying those risk factors.
2. Understand the biomechanics of running, how those biomechanics relate to injury and how those biomechanics can be changed.
3. Become very comfortable and proficient in performing a treadmill analysis of a runner's technique.
4. Deliver a best evidence approach to exercise prescription for pain relief, increasing load tolerance, injury management and performance and participants will become comfortable adapting exercise programs for the individual needs of their patients.
5. Learn how to keep a runner running when in pain and learning when a runner must rest
6. Learn to building physical and psychological resiliency in patients through appropriate education
7. Improve critical thinking skills related to the application of the evidence base in running injury management

Method of Instruction

This course is a mix of hands on practical, lecture and discussion. The lecture format is designed to encourage discussion and critique of the research in the area of running injury. Case studies are used to allow participants to apply the concepts introduced in the lecture.

שילוב הביומכניקה עם מדעי הכאב

Reconciling Biomechanics with Pain Science

The Comprehensive Capacity approach to therapeutic neuroscience education, manual therapy and injury/pain treatment.

15-16/5/18 הדסה הר הצופים. (יום ג' 9-17, יום ד' 13-9)

Significant research in the pain neurosciences and biomechanics field often appears to undermine the reasoning and justifications for many of the traditional therapeutic approaches and techniques of the many rehabilitation professions. By addressing both the weaknesses and strengths of the biomechanical approach we can see that treatment can be much simpler, congruent with the cognitive, neuroscience approach and best evidenced based practice. This course provides a framework to utilize an alternative biomechanical approach that blends neuroscience pain education. This course teaches the therapist how to teach patients about pain science in a treatment framework that still utilizes specific/corrective exercise and manual therapy. Therapists are taught a model of treatment that simplifies the assessment process and the treatment.

LEARNING STYLE

This course is a mix of a discussion-based lecture, case studies and practical components. The practical components are used with the case studies to “feel” the interventions. However, there no “specific” techniques. Rather, the point is to show that the framework helps the therapist use their own techniques but in a different way. Further, we can then share “techniques” from all participants in the class. Exercises are demonstrated and time is given to practice these exercises. When exploring how Key Messages relate to pain and changing behaviour the practical component helps the therapist use their own experiences and “stories” to fit with the Key Messages of pain and behaviour change.

OBJECTIVES

- Provide assessment techniques for partitioning the role of biomechanics and therapeutic neuroscience in the treatment of pain and injury
- demonstrate how biomechanical treatments and explanations can address the multidimensional nature of pain
- Provide exercise prescription that is informed by biomechanics and therapeutic neuroscience
- Learn to different methods of applying therapeutic neuroscience to a traditional biomedically based practice
- learn the practical applications of the best research on tendon pathology, symptom modification and graded motor exposure.

על המרצה:

LEHMAN, GREGORY Statement of Expertise I have been in clinical practice for more than 13 years as both a chiropractor and physiotherapist. Previously and concomitantly I held faculty and research positions conducting biomechanical research into the mechanisms of manual therapy, muscle activation during rehabilitation exercises and sports medicine publishing more than 20 papers in peer reviewed journals. I have lectured at numerous global conferences on biomechanics and the biopsychosocial model, giving more than 6 keynote talks within the past year. I have developed a two-day seminar which helps clinicians incorporate best evidence into clinical practice and helps them develop skills to practice in a manner consistent with the biopsychosocial model of care. This course has been taught more than 60 times on 4 different continents.

עלות:

לחבר עמותה לקורס אחד 750 ₪. למי שאינו חבר בעמותה לקורס אחד 1100 ₪.
לחבר עמותה לשני הקורסים 1200 ₪. למי שאינו חבר עמותה לשני הקורסים 1950 ₪.
לרישום לחץ כאן. לתקנון ביטולים לחץ כאן.