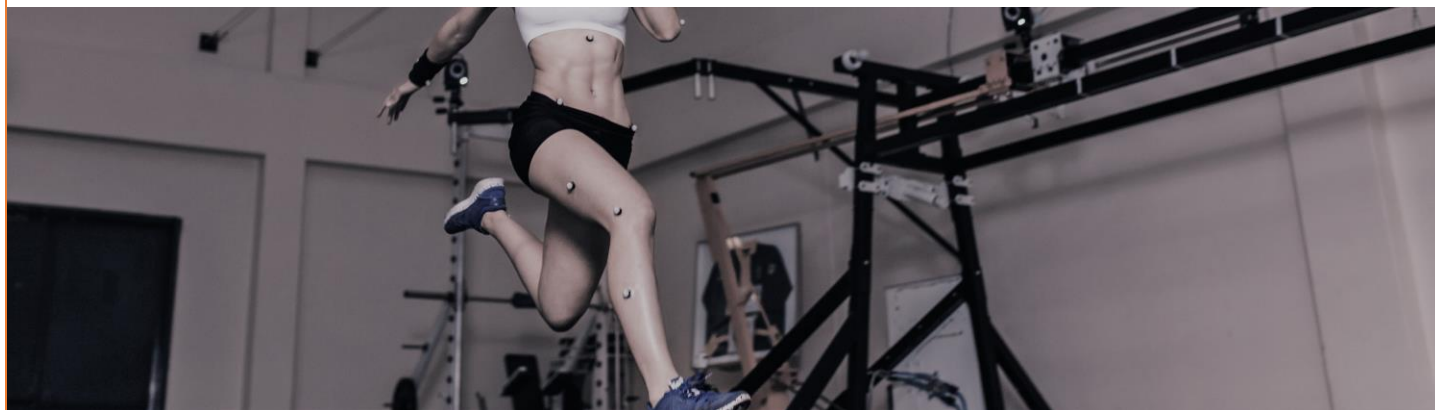


**RUNNING INJURIES MANAGEMENT COURSE**  
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**SMART INNOVATIVE TRAINING**

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**RUNNING INJURIES MANAGEMENT COURSE**

**Presenter**



Lecturer: **LUCA V. PIAZZA**

**Senior Msk – Sport Physiotherapist**

BMAS – MCSP – HCPC – ACPSEM – WFATT Registered



**WEBINAR CLASS SCHEDULE ON ZOOM CLOUD APP**

Date	Module	Time	FEE STRUCTURE (Indian Rupees)
22 <sup>th</sup> June 2020	1	4 PM to 6 PM	<ul style="list-style-type: none"><li>• <b>INR 11500</b> <i>Till 20<sup>th</sup> May 2020</i></li><li>• <b>INR 13500</b> <i>Till 21<sup>st</sup> May 2020 to 31<sup>st</sup> May 2020</i></li><li>• <b>INR 15400</b> <i>1<sup>st</sup> June 2020 to 20<sup>th</sup> June</i></li></ul> <p>Account Name: IHFA EDUCATION PRIVATE LIMITED Account No. <b>368602000000210</b> (Current Account) IFSC Code: <b>IOBA0003686</b> Bank: <b>Indian Overseas Bank</b></p>
23 <sup>th</sup> June 2020	2	4 PM to 6 PM	
24 <sup>th</sup> June 2020	3	4 PM to 6 PM	
25 <sup>th</sup> June 2020	4	4 PM to 6 PM	
26 <sup>th</sup> June 2020	5	4 PM to 6 PM	
29 <sup>th</sup> June 2020	6	4 PM to 6 PM	
30 <sup>th</sup> June 2020	7	4 PM to 6 PM	

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# Webinar programme\*

**Module duration: approx 2 hours**

## Module 1

### Part 1

Running Injuries Management Course: Overview

Biomechanics Of The Running Gait : Video

Running Vs Walking

Barefoot Vs Shod Running : Video

**Questions And Answers**

### Break

### Part 2

Running Abnormal Kinematics And Pathologies

Runners' Overuse Injuries

Running And Knee Osteoarthritis

Overuse Injury Prevention

Training Load Management

**Questions And Answers**

## Module 2

### Part 1

Recovery And Self Monitoring

Global Indicators For Injury

- Over-Striding +/- Low Cadence
- High Impact Loads
- Medial Collapse Mechanics

Ideal Warm Up For Runners

Impact Of Stretching On Performance And Injury Risk Of Long-Distance Runners

### Questions And Answers

### Break

### Part 2

Evidences For Stretching

Effects Of Static Stretching On Energy Cost And Endurance Performance

Dynamic Warm Up For Runners

Conditioning

Dynamic Mobility For Runners

### Questions And Answers

## Module 3

### Part 1

Brief Summary Of Module 1 And 2

Injury Prevention: Factors To Consider

The Functional Movement Screen

Strength Training For Runners

Explosive Strength Training : Plyometrics

Clinical Strength Assessment For Runners

### Questions And Answers

### Break

### Part 2

Plyometrics And Dynamic Core Stability Exercises For Athletic Performance

Benefits Of Core Strength Training

Baby Plyometric For Runners

- Mini Squat Jumps / Reverse Lunge Hops / Dynamic Speed Skater / Squat To Forward Hop / Jump Matrix / Mountain Climber

Plyometrics For Running Efficiency

- Split Jumps / Bounding / Reverse Lunge Hop / The Burpee / Side To Side Hop / Aqua Plyo

### Questions And Answers

## Module 4

### Part 1

Training The Torso

Benefits Of Core Strength Training : The Circuit

- Gym-Ball Stirring-The-Pot / Gym-Ball Mountain Climbers / Gym-Ball Knee Tucks

The Top 5 Plank Variations

- Plank Superman / Dynamic Push-Up Plank / Spider Plank / Plank Leg Lifts / Rotating Side Plank

Summary

When Stop Running?

### Questions And Answers

### Break

### Part 2

When Re – Starting Running?

The Criteria Based Progression

The Running Readiness Scale

The 5 Tests

Training Circuits

The Running Readiness Scale Return To Running

### Questions And Answers

### Test : Multiple Choice

## Module 5

### Part 1

Gradual Return To Running The C25k App

Altered Kinematics And Pathology

Treadmill And Outdoor Running

Specificity Of Gait Analysis

Footwear Choice And Effect On The Running

Barefoot Running

Shod To Barefoot Running

**Questions And Answers**

### Break

### Part 2

Running Altered Patterns

Running Injuries: Definition And Clinical Presentation

Low Back Pain, Sacroiliac Joint Pain

Iliotibial Band Syndrome / Lateral Hip Pain

Runner's Knee (Or Pfps Syndrome)

Shin Splints

Achilles Tendinopathy

**Questions And Answers**

## Module 6

### Part 1

2d Running Video Analysis

Common Abnormalities

Running Assessment Form

Running Hardware And Software

- Practice : Prometronome App / Hudl Technique App /

### Questions And Answers

### Break

### Part 2

Running Video Analysis:

- Subjective: Clinical History, Running Specific Questionnaire, Symptoms Evaluation
- Objective: Running Video Analysis (Treadmill Based)

Running Video Analysis Practice: Video – Case Studies

Running Retraining Interventions

- Cadence: Tools To Manipulate It

### Questions And Answers

# Module 7

## Part 1

Common Altered Patterns And Pathology

Pathology Progression Protocols

- Re- Education For: Low Back Pain, Sacroiliac Joint Pain / Iliotibial Band Syndrome & Lateral Hip Pain / Runner's Knee (Or Pfps Syndrome) / Shin Splints / Achilles Tendinopathy

Common Pitfalls

Summary

**Questions And Answers**

**Break**

## Part 2

Starting "The Running Clinic"

- Informed Consent Form
- Running Questionnaire
- Running Assessment Form
- Running Video Analysis App And How To Share It With Your Patient
- The Running Clinic Promotion

**Test : Multiple Choice**

**Questions And Answers**

**Conclusion**

**\*webinar programme may be subject to changes**