ASSESSING & TREATING

Today’s Athletes

Get Faster Results with Evidence-Based Protocols for the Injuries You See Most

Why Some Injured Athletes Never Return to Play – and What You Can Do About It

Whether they’re wrecking themselves in CrossFit® or football, record numbers of weekend warriors are cropping up with the sports injuries of professional athletes. That means business is booming for rehab professionals like you. However, with more athletes skipping referrals than ever before, you’ve got to be confident in your assessment skills if you hope to treat symptoms at their source. If your caseload has stalled during this busy time with patients who aren’t making much progress, now’s the time to reassess your assessments.

This educational offering will take your sports medicine team to the next level, equipping you with evidence-based, multidisciplinary protocols for the athletic injuries you see most. From IT bands to impinged rotator cuffs, this course provides efficient clinical pathways for each member of your team, eliminating the guesswork from assessment, evaluation, treatment, and rehabilitation. You’ll quickly grasp the “why,” “what,” and “how” of common conditions like acute/chronic inflammation, microtrauma, neuromuscular imbalances, and joint instability. The effective interventions you’ll learn will feel like second nature by the time you return to work. Finally, explore the unique biomechanical demands of common sports and fitness activities and take home injury prevention methods and conditioning techniques that keep your clients doing what they love, whether they’re swinging golf clubs or kettlebells.

Course Director

DARRELL LOCKET, MAT, ATC/L, LMT, CSCS, NSCA-CPT, GT, has over a decade of experience rehabilitating, strength training, and conditioning athletes for a variety of musculoskeletal injuries. Currently the Owner and Director of ABz-Solute, LLC, “The Musculoskeletal Specialist,” in Jacksonville, Florida, Mr. Locket previously served as the Strength and Conditioning Coordinator and Head Athletic Trainer for Lincoln University of Pennsylvania, where the Men’s and Women’s Track and Field Teams have combined for 17 NCAA Division III National Championships.

Mr. Locket completed his Bachelor of Science and Master of Arts in Teaching degrees in Physical Education with an emphasis in Sports Medicine from the University of West Alabama. He also attended the Utah College of Massage Therapy to expand his overall knowledge of bodywork therapy and holistic approaches to healing. Mr. Locket’s unique combination of education, experience, and passion translates into highly innovative and effective rehabilitation solutions.

Cost is $199

For more information on this and other programs, please contact us at:

Cross Country Education
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P.O. Box 200 • Brentwood, TN 37024

www.CrossCountryEducation.com
Recommended for
Physical Therapists
Physical Therapist Assistants
Occupational Therapists
Occupational Therapy Assistants

What You Will Learn

◆ Analyze 7 sports-related health conditions to correctly determine the mechanics of injury.

◆ Using information from demonstrations, decide appropriate assessment and treatment methods for 3 conditions (Sever’s syndrome, tarsal tunnel, and plantar fasciitis).

◆ Using information from demonstrations, decide appropriate assessment and treatment methods for 3 conditions (degenerative joint disease, hamstring strain, and hip impingement).

◆ Using information from demonstrations, decide appropriate assessment and treatment methods for 3 conditions (rotator cuff strain, SLAP lesion, and bursitis of elbow)

◆ Using information from demonstrations, decide appropriate assessment and treatment methods for 3 conditions (piriformis syndrome, sacroiliac sprain, and lumbar spinal stenosis).

◆ Using information from demonstrations, decide appropriate assessment and treatment methods for 3 conditions (DeQuervain’s, hand fractures, and gamekeeper’s thumb).

COURSE CONTENT

SPORTS MEDICINE TEAM PRACTITIONER APPROACH TO TREATMENT OF SPORTS INJURIES

◆ Treatment of the injury: Non-operative and operative (types of surgery)

◆ Healing phases and rehabilitation

◆ Lab (demo only): Comprehensive sports injury physical examination

◆ Lab (demo only): Gait, posture, and functional kinetic chain assessment

LAB (DEMO ONLY): PHYSICAL EXAMINATION OF THE ANKLE & LOWER LEG

◆ Preventive measures, mechanics of injuries, inspection of gait, range of motion, manual muscle testing, and stress tests

  o Pes anserinus bursitis or tendinitis
  o Shin splint or medial tibial stress syndrome
  o Achilles tear, strain, bursitis, tendinitis, or tenosynovitis
  o Gastrocnemius and soleus strain
  o Retralcalaneal bursitis or Sever’s syndrome
  o Lateral and medial ankle sprain
  o Syndesmotic injuries (high ankle sprain)
  o Tarsal tunnel
  o Interdigital (Morton’s) neuroma
  o Plantar fascitis
  o Peroneal tendon subluxation
  o Jones fracture
  o Stress fracture
  o Avulsion fractures

LAB (DEMO ONLY): PHYSICAL EXAMINATION OF THE KNEE, HIP, & THIGH

◆ Preventive measures, inspection of gait, squats, lunges, range of motion, mechanics of injuries, palpation, and special stress tests

  o Ligament injuries
  - Anterior and posterior cruciate
  - Medial and lateral collateral
  o Cartilage injuries
  o Meniscal tears
  o Articular
  o Degenerative joint disease

◆ Patellafemoral injuries

  o Chondromalacia
  o Malalignment and instability
  o Tendonitis or Osgood-Schlatter
  o Degenerative joint disease

◆ Muscle injuries

  o Gluteus maximus weakness
  o Gluteus medius and minimus weakness
  o Tensor fascia lata weakness
  o Quadriceps femoris and hamstring strain/tendonitis/ruptures

◆ Hip injuries

  o Hip impingement
  o Trochanteric bursitis
  o Adductor strain
  o Iliobibial band friction syndrome

LAB (DEMO ONLY): PHYSICAL EXAMINATION OF THE SHOULDER & ARM INJURIES

◆ Preventive measures, inspection posture, functional movement, mechanics of injuries, range of motion, palpation, and special stress tests

LAB (DEMO ONLY): PHYSICAL EXAMINATION OF THE BACK INJURIES

◆ Preventive measures, inspection gait, posture, functional kinetic chain assessment, mechanics of injuries, range of motion, palpation, and special stress tests

LAB (DEMO ONLY): PHYSICAL EXAMINATION OF THE WRIST, & HAND ANATOMY

◆ Preventive measures, inspection posture, mechanics of injuries, range of motion, palpation, and special stress tests

*This course content is not intended for the use by participants outside their scope of practice regarding their state licenses, national certification, or regulation.*
Continuing Education Credit
If you do not see your respective state listed, please review your rules/regulations to see if you qualify for continuing education based on an approval by another state board/association.

Physical Therapists, Physical Therapist Assistants: This course has been submitted to the Texas Board of Physical Therapy Examiners for 6 continuing competence unit(s) for PTs and PTAs. This program has been submitted to the Tennessee Physical Therapy Association for 6.0 contact hours. This program has been submitted to the Illinois Physical Therapy Association for approval of 6 credit hours. This course content is not intended for use by any participants outside the scope of their license or regulation. The Physical Therapy Board of California recognizes California Education Connection as an Approval Agency to Approve Providers of Continuing Competency Courses in California for Physical Therapists and Physical Therapy Assistants. This course has been submitted for 6 CE / Contact Hours and approval is pending. This program has been submitted to the Kansas Physical Therapy Association for 6 contact hours. This program has been submitted to the Kentucky Physical Therapy Association for approval of 6 contact hours. This program has been approved by the Arkansas State Board of Physical Therapy for 6 continuing education hours. This program has been approved for 6 continuing education credits by the New Jersey Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants (Approval # 2016-193). This program has been approved by the West Virginia Board of Physical Therapy for 6 Continuing Education hours (Approval #CE-R16-17).

Approval of this course does not necessarily imply that the WV Board of Physical Therapy supports the views of the presenter or sponsor. This program has been approved by the Board of Medical Licensure & Supervision State of Oklahoma for 6 hours for Physical Therapists. NCBPTE approval by virtue of approval by The New York State Education Department, Office of the Professions, State Board for Physical Therapy licensure board or state APTA chapter Approval good through 8/31/2018. This program has been approved by the Nevada State Board of Physical Therapy Examiners for 0.6 CEUs for Physical Therapists. This course has been approved by the Maryland State Board of Physical Therapy Examiners for 0.6 CEUs. This program has been approved for 6 CEUs by the Ohio Physical Therapy Association and Physical Therapy Assistants (Approval #1SS1493). This program has been approved by the Pennsylvania State Board of Physical Therapy for a total of 6 contact hours of which 6 hours have been approved for Direct Access. PA Board Approval #PTCE008584. Cross Country Education is recognized by the New York State Education Department’s State Board for Physical Therapy as an approved provider for physical therapy and physical therapist assistant continuing education. This seminar is awarded 7.2 contact hours.

Occupational Therapists, Occupational Therapy Assistants: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory Category 2: Occupational Therapy Process. Cross Country Education is an approved provider #50-466 with the Florida Department of Health Board of Occupational Therapy Practice. This course is approved for 6 contact hours for Occupational Therapist and Occupational Therapy Assistants.

Other Professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All Professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

Technology Requirements: On-Demand (webcast) you will need to set up a personal portal account via Cross Country Education’s website at www.crosscountryeducation.com and have access to a computer with sound device. Participants will receive the recording, course manual, post-test, evaluation including a self-reflection addendum. DVD is sent through the mail (USPS) and you will need access to a DVD player. Participants will receive Instructions Sheet, course manual, video-recording (DVD), post-test, scantron answer sheet, evaluation form including a self-reflection addendum.

Any opinions, findings, recommendations, or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

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CONFIRMATIONS & CANCELLATIONS
Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration. Cancellations received at least five working days before the event are refundable less a $20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. A refund or voucher will be issued to any participant who is registered to attend a seminar that is cancelled by Cross Country Education. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.