**COURSE NAME: SPORTS MASSAGE for INJURIES of the LOWER EXTREMITIES**

**CE Hours awarded : 12**

**Type of Course: Live Study**

**Course Category: Sports Massage**

**Objectives:**

* Perform Proper Assessment following the basic “SOAP” note:
  + Subjective
  + Objective
    - Special Ortho Tests
  + Assessment
  + Plan
* Select the appropriate treatment protocols
  + Massage
  + Strength and Conditioning
  + Bracing/Taping
  + Flexibility
* Anatomy and Physiology of the injury to review and better understand the injury:
  + Sprains and Strains
  + Upper and Lower Extremity
  + Musculoskeletal Injuries
  + Core Injuries
* Select the appropriate prevention, evaluation, and mental approach for a variety of sports injuries in different settings

**COURSE DESCRIPTION**

Injuries are unfortunately part of life whether it be in a competitive or recreational sport. The repetitive nature and large forces create a tremendous amount of stress on the upper and lower extremities leading to time-lost from competition or work, possible surgery, and sometimes irreversible structural damage.

Using a case-based approach, Bobby will lead you through the unique way to look for the correct signs and symptoms and targeted testing for the correct assessment so the professional can get started efficiently in the rehabilitation process using hands on protocols to speed up their recovery. Attend this seminar and gain the confidence and skill you need when caring for the injured athlete.

**COURSE OUTLINE/CONTENT:**

* **Sports Medicine Team**
  + **Team Approach with all professionals involved**
  + **Business**
* **SOAP Note** 
  + **Proper Approach to assist in correct assessment of injury**
  + **Subjective**
  + **Objective**
  + **Assessment**
  + **Plan**
* **Foot/Ankle/Toes**
* **Medial and Lateral Ankle Sprains**
* **Plantar Fascitis**
* **Achilles Tendinitis**
* **Turf Toe**
* **Knee/Hamstring/Quadriceps**
* **PFS**
* **Ligamentous Injuries**
* **Osgood-Schlatter**
* **Patellar Tendinitis**
* **Dynamic Flexibility Training**
  + **Main reasons**
  + **Factors affecting flexibility**
  + **Overview of stretches**
  + **Warm-up:**
  + **Athlete**
  + **Daily Exercise**
  + **Common mistakes**
* **Stretching with equipment**
  + **Stability Balls**
  + **Sticks**
* **Active Isolated Stretching**
  + **Basic Methods**
* **Strength and Conditioning**
  + **Unique combination**
  + **Utilize in your treatment protocols**
* **Bracing/Taping**
  + **Show some examples when this would be beneficial**

**Learning Objectives/Outcomes:**

* **Identifying signs and symptoms correctly to get started quicker on the injury**
* **Discussing different ways to look at injuries and how to treat that injury specifically and efficiently**
* **Develop customized programs for the athlete/patient on or off the field**
* **Implement different approaches into your rehabilitation protocols**
* **Using equipment effectively during the rehabilitative process**