

SCHEDULE OF EVENTS

Day 1 Schedule of Events (All Inclusive) Friday, July 17th, 2020

7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 1 History of the ACL by Dr. Steve Jordan
Objectives:

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9:00-10:00 am Main Lecture 2 Knee by Dr. Amit Momaya

Objectives:

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Breakout Sessions - (Choose 1)

10:00-12:00 PM A) *Traditional Exercise Principles Adapted for Special Therapy Populations* by Robb Rogers

Objectives:

B) *The Role of the Scapula in Function and Dysfunction 2 Hour EBP Course* by Aaron Sciascia, PhD, ATC, PES, SMTC **This course is provided by Eastern Kentucky (P3683) is recognized through the BOC as a continuing education provider. According to the educational levels described by the PDC, the following continuing education course is considered to be essential.**

Objectives:

- To recall active muscles in normal functional scapular motion as well as to differentiate between overactive and underactive muscles in dysfunctional scapular motion
- To define scapular dyskinesis
- To recognize specific clinical maneuvers designed to identify scapular dysfunction

C) *TBA by Jeremy Boone*

Objectives:

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D) New Techniques for Taping by Brad Cheatham, ATC

Objectives:

- Recognize different techniques for taping
- Recognize the different types of tape used for strapping
- Perform more efficient in time management for practice/game day taping

E) Current Evidence for Return-to-Sport Clearance Decision-Making after ACL Reconstruction by Matthew P. Ithurnburn, PT, DPT, PhD

Objectives:

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F) An Introduction to Cupping by Babs Herfuth

Objectives:

- Identify the basic concepts of the applications of cupping.
- Differentiate between the different types of mediums used for cupping.
- Demonstrate skill in the utilization of cupping technique to achieve the desired therapeutic outcome.
- Summarize the common protocols used in cupping

12:00-1:00 pm

Lunch Lecture - Courage by Jeremy Boone

Objectives:

-

1:00-3:00 pm

Breakout Session - (Choose 1)

A) Traditional Exercise Principles Adapted for Special Therapy Populations by Robb Rogers

Objectives:

B) The Role of the Scapula in Function and Dysfunction 2 Hour EBP

Course by Aaron Sciascia, PhD, ATC, PES, SMTC This course is provided by Eastern Kentucky (P3683) is recognized through the BOC as a continuing education provider. According to the educational levels described by the PDC, the following continuing education course is considered to be essential.

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Objectives:

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2:55-3:15 pm

Sign out / Certificate Pick up / Survey Hand-in

Day 2 Schedule of Events (All Inclusive)
Saturday, July 18th, 2020

- 7:00-8:00 am** Registration / Check in / Sign in
- 8:00-9:00 am** Main Lecture 3 TBA by Dr James Andrews
Objectives:
- 9:00-10:00 am** Main Lecture 4 TBA by Dr Adam Anz
Objectives:
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- 10:00-12:00 PM** Breakout Sessions - (Choose 1)

G) Exercise Prescription and Programming to Increase Performance and Prevent Injury by Robb Rogers

Objectives:

H) TBA by Jeremy Boone

Objectives:

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*I) Dynamic Warmup Movement Screen (DWMA Sports™)
by Mike Bewley, MA, CSCS, SSN, USAW-I*

Objectives:

- Identify traditional dynamic warm-up as a movement assessment
- Identify several dynamic warm-up movements will be reviewed to show how to assess while organizing corrective exercises for identified areas of concern
- Demonstrate the ability to perform appropriate individual and global regressions and progressions based upon a movement analysis (application)
- Demonstrate the DWMA in a large group setting to increase training productivity and decrease injury prevention.

*J) The Effectiveness of Joint Mobilizations for Shoulder Pain
by Aaron Sciascia, PhD, ATC, PES*

The provider number for *The Effectiveness of Joint Mobilizations for Shoulder Pain* is P3683 and has been approved for 2 hours of EBP CEU's. Brought to you by Eastern Kentucky University's AP# P3683

Objectives:

- Recognize the primary benefit of joint mobilization is pain reduction
- Recognize that high grade mobilizations improve ROM better than low grade mobilizations in patients with adhesive capsulitis
- Recall the Maitland and Kaltenborn end feels
- Recognize that Maitland oscillations and Kaltenborn tractions both reduce pain

- Perform the recommended joint mobilizations to reduce pain and increase function

K) The Athletic Hip: Common Pathology and Evidence Based Examination by Matthew P. Ithurnburn, PT, DPT, PhD

Objectives:

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L) Tennis Elbow by Kristy Milliron

Objectives:

12:00-1:00 pm

Lunch Lecture – Regenerative Medicine by Dr. Robert Agee

Objectives:

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1:00-3:00 PM

Breakout Sessions (Choose 1)

G) Exercise Prescription and Programming to Increase Performance and Prevent Injury by Robb Rogers

Objectives:

H) TBA by Jeremy Boone

Objectives:

-

I) Dynamic Warmup Movement Screen (DWMA Sports™) by Mike Bewley, MA, CSCS, SSN, USAW-I

Objectives:

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- Perform the recommended joint mobilizations to reduce pain and increase function

K) The Athletic Hip: Common Pathology and Evidence Based Examination by Matthew P. Ithurnburn, PT, DPT, PhD

Objectives:

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L) Tennis Elbow by Kristy Milliron

Objectives:

2:45-4:15 pm Sign out / Certificate Pick up / Survey Hand-in

Day 3 Schedule of Events (All Inclusive) Sunday, July 19th, 2020

7:00-8:00 am Registration / Check in / Sign in

8:00-9:00 am Main Lecture 5 UCL by Dr Jeff Dugas

Objectives:

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9:00-10:00 am Main Lecture 6 Shoulder Instability by Dr Jeff Dugas

Objectives:

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10:00-11:00 am Main Lecture 7

Objectives:

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11:00-12:00 am Main Lecture 8

Objectives:

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11:45am-12:15pm Sign out / Certificate Pick up / Survey Hand-in

