

Registration Form

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____

Email: _____

Please make cheque payable to:
Pan Am Rehabilitation Services Inc.

Reply to:
Pan Am Rehabilitation Services
75 Poseidon Bay
Winnipeg, MB R3M 3E4
Attention:
Mark Beatty or Shannon Larkins

Registration fee is \$400 and includes nutrition breaks and a copy of lecture materials.

This course is open to registered physiotherapists.

Registration deadline is
December 21, 2018

Written withdrawal from the course before December 21, 2018 will be subject to a \$25 fee. After December 21, 2018, refunds will be provided only if the spot can be filled by another participant.



For further information please contact:

Mark Beatty or Shannon Larkins

Phone: 204.927.2660

Fax: 204.927.2646

mbeatty@panamclinic.com

slarkins@panamclinic.com

Front panel photo credit: Sarah Seeds

Managing the Injured Runner



January 26, 2019

8:00 a.m.—4:00 p.m.

January 27, 2019

8:00 a.m.—12:00 p.m.



This one and half day course for physiotherapists is intended to improve the clinician's understanding of running injury epidemiology and etiology. Specific attention will be given to normal and abnormal running biomechanics with a demonstration of the 3D Gait System at the Running and Gait Centre.

Physical assessment will be reviewed as well as a variety of treatment strategies.

Course Objectives

- Gain an understanding of normal and abnormal running mechanics.
- Improve assessment skills specific to the injured runner.
- Identify training errors for correction with program modification and cross training options.
- Rationalize corrective exercise strategies and prescriptions.

The Medical Perspective

Sylvia Loewen M.D. B. Sc., CCFP (SEM)

Dr. Loewen enjoys treating sport and non-sport related musculoskeletal injuries. She has a special interest in running injuries. She will be presenting on the medical perspective of managing the injured runner.

Assessment

- Demonstration of the 3D gait System at the Running and Gait Centre
- Review of training programs and physical assessment of the injured runner.

Treatment

- Corrective exercise
- Manual therapy and soft tissue mobilization
- Taping
- User friendly technology as a rehab and training tool
- Shoe prescription and orthotics
- Case studies

Instructor



Kim Sénéchal, MSPT

Kim Sénéchal, MSPT, is a registered physiotherapist with 18 years of clinical experience in orthopaedics and sports medicine. She is the lead therapist at the Running & Gait Centre at the Pan Am Clinic, specializing in lower extremity and running related injuries. Kim is also a run coach and an avid ultramarathon runner. She has completed races from 10K to 100 miles in length. Both her clinical and personal experience have given her a unique perspective in the prevention of running related injuries and management of the injured runner.