Outline

Principle Led Approach to Rehab and **Conservative MSK Care for Runners**

7 pillars of health management Movement strategy for quality motor

Management vs treatment

Importance of Aerobic Capacity in the **Injury Paradigm**

Pyramid: movement pyramid, aerobic capacity, performance, skill Aerobic capacity vs VO2 max

MAF formula

Nose breathing/conversation test

Heart rate drift test

Blood lactate concentration test

Muscular endurance

Load management

Functional & Whole-Body Examination Techniques

Gait (walking): floodlight vs spotlight

Movement testing

Palpation/ROM

Breathing Orthopedic testing

Neurodynamics

Visual assessment

Running gait analysis

Aerobic testing

Power output

Phenotyping Runners: The Runner's **Screen & Gait Analysis**

Stiff vs stretchy

Soleus endurance test

Single-leg pogo jumps

Skipping (forward/backward)

2-minute jump rope test

Objectives

Regional Specific Injuries, Differential Diagnosis

Stress fracture

Sprains and strains

Peripheral nerve entrapment

Tendinopathy

Tendinosis

Radiculopathy

Lateral, anterior and posterior hip

Labrum derangement

Apophysitis

Knee

Meniscus derangement/tear

IT band syndrome

Calf and tibia

Shin splints

Compartment syndrome

PAES

Ankle and foot

Plantar fasciitis

Hallux abducto valgus

Sever's disease

Case studies

Treatment Interventions to Reduce or Rehab Injury

Training program modifications

Manual therapy

Kinesiology taping

Therapeutic exercise

Stretching

Dry needling

- 1. Investigate the importance of aerobic capacity as the foundation upon which efficient and pain-free movement strategy is built.
- 2. Analyze the relationship between aerobic capacity, pain, and movement
- 3. Diagnose efficiently and effectively both the pathogenesis as well as the functional audit pertaining to a runner's injury.
- 4. Determine how to make an appreciable change in running gait for injury rehabilitation and performance purposes, utilizing a systems approach.
- 5. Inspect the importance of phenotyping of runners rehab and training purposes.
- 6. Evaluate the most current literature and case studies that address the importance of the diagnostic process utilized within The FARM systems approach.
- 7. Develop a framework for managing endurance athletes rather than simply treating injuries.







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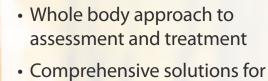
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- How much do "proper" mechanics and foot strike matter?
- How to effectively tailor training programs around injury management
- What can you do to get runners doing work outside the sagittal plane?

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4:30 Program ends

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Meet Your Speaker

Beau Beard, DC, MS, CCSP, is the co-founder and owner of The FARM. He has been interested in the fields of health and human performance since suffering a femur fracture in middle school resulting in surgery. He was told he would never play sports again. With proper rehabilitation and a phenomenal chiropractor, he was back to playing multiple sports within a year. Dr. Beard is an internationally recognized educator and speaker, specializing in topics from running performance, environmental health, and clinical reasoning. He has consulted and worked with professional athletes, Olympic medalists, multiple branches of the military and special operations units, and many university-level athletics programs.

Dr. Beard has spent the last decade heavily involved in all aspects of running, competing at the highest level of trail running, treating professional and Olympic runners, coaching for the Navy Wounded Warrior track & field team as well as coaching numerous runners of varying levels. His unique mix of experience has allowed Dr. Beau to bring a fresh perspective the treatment and training of lower extremity injuries and issues.

Speaker Disclosure:

Financial: Beau Beard is the owner of the Farm and receives royalties as a published author. He receives a speaking honorarium from PESI, Inc.

Non-financial: Beau Beard is a member of the International Society of Clinical Rehab Specialists, the American Chiropractic Association, the American Board Chiropractic Sports Physicians, the American Chiropractic Association Sports Council, and the National Strength & Conditioning Association.

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