

# **New Concepts in the Treatment of Sports Injuries**

*Presented by Active Spine & Sport Therapy*

## **Course Description**

Some of the established protocols in the evaluation and treatment of common sports and musculoskeletal injuries require an overhaul as new evidence and concepts are emerging. As a member of your athletes' healthcare team, it is essential for athletic trainers to have the most up to date concepts in musculoskeletal care.

Participants in this course will be taken through new concepts in the evaluation and treatment of inflammatory conditions, tendonopathies, extremity and spinal conditions. Participants will develop more in-depth diagnostic skills and build on existing self care guidelines for athletes. Participants will leave with new ideas and concepts that can be applied to improve clinical skills and speed up recovery the very next work day.

## **Course Objectives**

- Introduction to new concepts in the treatment of
  - Tendonopathies
  - Extremity Conditions
  - Spinal Conditions
- Develop more in-depth and specific diagnostic skills
- Build on accurate and simple self care tips for injured athletes
- Enhance diagnostic and treatment skills to immediately speed up recovery for athletes

## **Educational Credit**

A certificate of attendance will be presented to each participant for contact hours approved by the Board of Certification for the Athletic Trainer. Active Spine & Sport Therapy is recognized as an Approved Continuing Education Provider by the Board of Certification (BOC) for the Athletic Trainer. Approved Contact Hours: 6 CEU's.

## **Speaker/Lecturer**

**Brian Mulhall DC, CCSP, CSCS, Cert. ART, Cert. MDT, CKTP**

Dr. Brian Mulhall is the owner of Active Spine & Sport Therapy in Fort Worth and his practice was just recently voted "Best Place to go for a Sports Injury in Texas" by the readers of Competitor Texas Magazine.

Dr. Mulhall has taught numerous seminars for personal trainers, athletic clubs, businesses and organizations. Dr. Mulhall also contributes a monthly sports medicine article for The Racing Post Magazine as well as the monthly Fort Worth Running Club and Fort Worth Bicycling Association Newsletters.

Dr. Mulhall has received extensive training in the treatment of athletic and musculoskeletal conditions: Certified Chiropractic Sports Practitioner, Certified Strength and Conditioning Specialist, Certified Kinesio Taping Practitioner, Certified in Active Release Techniques, Certified in McKenzie Mechanical Diagnosis and Therapy

## **Agenda**

8:00 – 9:00	Intro, Course Objectives, Injury Prevalence, Natural History,
9:00-10:00	Inflammation, Tendonitis vs. Tendinosis
<b>10:00-10:15</b>	<b>Short Break</b>
10:15 – 11:00	Contractile Tissue Disorders, Joint Tissue Disorders
11:00 – 11:30	Extremity Joint Aberrations
<b>11:30 – 12:30</b>	<b>Lunch Break on your own</b>
12:30 – 1:00	Spinal/Disc Anatomy
1:00 – 2:00	Spinal/Disc Aberrations
2:00 – 2:15	Posture, Stretching Concepts
<b>2:15 – 2:30</b>	<b>Short Break</b>
2:30-3:00	Taking a Detailed History
3:00- 3:30	Putting New Concepts to Work, Review, Questions

## **Pre-requisite Education**

To be eligible for registration for this course you must currently be enrolled in or have completed an accredited Athletic Training or Physical Therapy program.

# Athletic Trainer – Sports Injury Course Registration

## Early Bird Registration

\$255

Registration and payment must be received 3 days prior to the start of the course.

## Late Registration

\$295

Late registration will apply to all registration and payments received less than 3 days prior to the start of the course and at-the-door registrations.

## Refund & Cancellation Policies

Active Spine & Sport Therapy reserves the right to refuse services, cancel or reschedule this seminar due to an insufficient number of registrants or other unforeseen circumstances. Under these circumstances, seminar fees will be returned in full to the registrant in the same method as the payment was received. Please note that Active Spine & Sport Therapy is not responsible for hotel, airline or other expenses incurred.

All cancellations must be submitted in writing. For cancellations received on or before 14 days prior to the seminar date, the seminar fee will be returned less a \$25.00 administrative fee. Absolutely no refunds (No Exceptions) will be available if cancellation is requested 13 days or less prior to the seminar or after the seminar.

## Enrollment

**Please select date you plan on attending**

- Saturday March 1, 2008  
 Saturday September 6, 2008

Name: \_\_\_\_\_  
Please include name as you would like it to appear on your certificate

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_  
To confirm registration and payment receipt

- Mail Reg. Form and payment to: Active Spine & Sport Therapy  
3200 Collinsworth St.  
Fort Worth, TX 76107
- Fax Reg. Form 817.332.5358 (Credit Cards Only)
- Scan & Email Reg. Form laurie@activespineandsport.com
- or Phone Active Spine & Sport Therapy 817.332.5353 complete form over phone

**Please make Check/Money Order payable to: Active Spine & Sport Therapy**

**Please charge my credit card:**  Visa  MasterCard  Discover  Am Ex  
CC#: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_  
I agree to comply with the card holder agreement

## Course Location/Time

Active Spine & Sport Therapy  
3200 Collinsworth St.  
Fort Worth TX, 76107

**Class begins - 8:00 am**  
**Class ends – 3:30 pm**

*\*Please be courteous and show up on time, the seminar will begin promptly at 8:00 am.*