

# **Sports Injury Concepts**

## **-Upper Extremity Conditions-**

*Presented by Active Spine & Sport Therapy*

### **Course Description**

As a member of your clients' healthcare team, it is essential for personal trainers to have a better understanding on the basics of sports injuries. Almost every client you will have in your professional career will have an injury you are required to work around while continuing the clients' training program.

Participants in this course will be taken through the basics of sports injuries and common musculoskeletal conditions pertaining to the upper extremity. Participants will better recognize different categories of injuries and develop confidence in dealing with injured clients.

### **Course Objectives**

- Enhance basic understanding of:
  - Causes of a sports injury
  - Classifications of sports injury
  - The Recovery/Healing Process
- Develop recognition of clients' type of injury
- Learn how to adjust injured clients' training programs to avoid interfering in recovery process
- Build confidence in dealing with injured clients
  - Giving accurate self care tips
  - When to train
  - When to rest
  - When to refer to specialists

### **Educational Credit**

A certificate of attendance will be presented to each participant for contact hours approved by their certification association.

Active Spine & Sport Therapy is recognized as an Approved Continuing Education Provider by: The National Strength and Conditioning Association (NSCA), The National Academy of Sports Medicine (NASM), The American Council on Exercise (ACE), The Cooper Institute –Dallas

Approved Contact Hours: NSCA for 0.6 CEU's per class, NASM for 0.6 CEU's per class, ACE for 0.6 CEU's per class and The Cooper Institute for 6 CH's per class.

### **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
9:00-10:00	Upper Extremity Anatomy, Posture, Stretching Concepts
<b>10:00-10:15</b>	<b>Short Break</b>
10:15 – 11:00	Proper Spinal Biomechanics, Injury Process
11:00 – 11:30	Classifications of Injury
<b>11:30 – 12:30</b>	<b>Lunch Break</b>
12:30 – 1:00	Inflammation, Tendonitis vs. Tendonosis,
1:00 – 2:00	Muscular, Degenerative, Disc Injuries
2:00 – 2:15	AC Separation
<b>2:15 – 2:30</b>	<b>Short Breaks</b>
2:30-3:00	Shoulder Impingement, Epicondylitis, CTS, DeQuervain's
3:00- 3:30	Client self care tips, Review, Questions

# Upper Extremity Course Registration

## Early Bird Registration

\$155

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

## Late Registration

\$175

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 attendance date:**

Saturday, March 22<sup>nd</sup> 2008

Saturday, September 20<sup>th</sup> 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

Certification Association (if applicable): NSCA / NASM / ACE / Cooper / \_\_\_\_\_

- 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.*