

## Continuing education for physiotherapists Discounts for CPA members

Course	What?	How?	Clinical applications
<p><b>1.0 New Trends in the Prevention of Running Injuries</b></p> <p>In person 17 hours 15% off with promo code <b>C1P5A</b> <a href="#">Register here!</a></p>	<p>Risk factors for running injuries (e.g. anatomy, biomechanics, strength)</p> <p>Running gait analysis and gait retraining</p> <p>Shoe prescription</p> <p>Treatment tools for the most common running injuries (e.g. mechanical stress quantification, protection vs. adaptation)</p>	<p>60% theory and 40% practice</p> <p>Summary of the latest scientific research on injury prevention in running</p> <p>Practice of gait analyses and running drills</p> <p>Group discussions: exercises and interventions for the most common running injuries</p>	<p>Tricks to assess injured runners</p> <p>Clear clinical guidelines on load management, cross-training and training modulation</p> <p>Key aspects of running biomechanics assessment and gait retraining</p> <p>Algorithm for running shoe prescription</p>
<p><b>1.1 Diagnosis of Running Injuries: Practical Aspects</b></p> <p>In person 16 hours 15% off with promo code <b>C1P5A</b> <a href="#">Register here!</a></p>	<p>Diagnostic tests, clinical reasoning and differential diagnoses for running injuries</p>	<p>Demonstration and practice of diagnostic tests for over 50 pathologies</p> <p>Interactive clinical reasoning on diagnosis using case studies</p>	<p>Key diagnostic tests for the most common hip, knee and foot injuries (e.g. IT band syndrome, patellofemoral pain, tendinopathy, stress fracture, fasciopathy)</p>



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<p><b>1.6 Science in Practice: Applying Research for Clinicians</b></p> <p>Online 5 hours 20% off with promo code <b>C2P0A</b> <a href="#">Register here!</a></p>	<p>Tips on how to search, read and interpret journal articles (e.g. case series, randomised clinical trial, systematic review)</p> <p>Internal and external validity, statistical and clinical significance, effect size, risk of bias and correlation or causation in various studies (e.g. cohort, cross-sectional, retrospective, prospective)</p>	<p>3 hours of video explaining how to navigate, read and interpret the literature to establish an accurate diagnosis, apply an appropriate treatment plan and choose indicators to monitor patient progress</p> <p>6 case studies</p> <p>50 exam questions</p> <p>A monthly journal club to review and discuss the latest articles with The Running Clinic's R&amp;D team</p>	<p>Key concepts of evidence-based clinical practice explained by a clinician-researcher</p> <p>Simple tips and tricks to know how to use research to guide clinical practice</p> <p>Evidence-based tools to guide patients toward the most effective treatments and get the best results based on applied research</p>

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<p><b>1.10 PEACE &amp; LOVE: Management of soft-tissue injuries</b></p> <p>Online 8 hours 20% off with promo code <b>C2P0A</b> <a href="#">Register here!</a></p>	<p>Foundations and evidence for best practices in the management of soft-tissue injuries.</p> <p>From immediate care (PEACE: Protection, Elevation, Avoid anti-inflammatory modalities, Compression, Education) to rehabilitation (LOVE: Load, Optimism, Vascularisation, Exercises)</p>	<p>5 hours of video</p> <p>Analysis and summary of over 80 systematic reviews and expert consensus statements into relevant clinical applications</p> <p>6 educational posters</p> <p>4 case studies</p> <p>100 exam questions</p>	<p>Rationale, timing and practical applications of the new PEACE &amp; LOVE protocol for traumatic injuries (e.g. ankle sprain and muscle/meniscus tear)</p> <p>Patient education to avoid the adverse effects of overinvestigation, overmedicalisation, and overmedication</p>
<p><b>2.0 Expert in Running</b></p> <p>In person 40 hours No discount <a href="#">Register here!</a></p>	<p>In-depth application of all the concepts presented in our courses 1.0 and 1.1 pertaining to injury prevention, diagnosis, treatment and follow-up with real-life patients</p>	<p>5 days of lectures by 15 experts in various fields (e.g. physiology, nutrition, women's health, podiatry) and group discussions to diagnose and treat case studies in clinical settings</p>	<p>A full week of immerse learning in the most advanced training course currently available in health care related to running, to make you become an expert!</p>

