Learning Objectives

Audience: MedBridge Inc.

Clinical Examination of the Runner: Assessment, Testing, Gait Correlations, and Corrections

Jay Dicharry, MPT, SCS

Upon completion of this course, the participant will:

Chapter 1: The reason for clinical exam table analysis in runners

- Understand the relationship between running form and body function.
- Describe the need for a runner to adopt gait pattern that reflects their individual structural alignment.
- Describe the need for adequate mobility and dynamic stability to achieve a running gait that minimizes stress on the body and optimizes economy.

Chapter 2: Identifying Problems: Musculoskeletal Examination of the Runner

- Describe critical clinical tests and movement screens that are specific to the runners.
- Be able to successfully conduct these assessments on their patients and athletes to identify specific deficits.
- Explain the impact of isolated deficits on body function both at the site, and entire kinematic chain

Chapter 3: Clinical limitations on gait: What does this look like?

- Understand how clinical deficits in body function directly impact running gait.
- Describe how running with this compensated form can alter biomechanics and compromise the body via tissue overload or sub-optimal bioenergetics.

Chapter 4: Putting it all together

- Identify critical restrictions that impact postural alignment, joint mobility, stability, and end range control.
- Formulate a specific treatment plan to correct the clinical imbalances found and optimize body function for running.

Chapter 5: Exercise Prescription

- Apply corrective techniques for tissue mobilization and elongation to the upper and lower quarter
- Apply corrective exercises, drills, and feedback to optimize postural alignment and joint stability address focal deficits.
• Target specific techniques toward the level of deficit of each individual patient to optimize their neuromuscular control, and ensure that new movement skills are reflected in run training.