Learning Objectives
MedBridge Inc.
Run Better: Strength and Power Development for Endurance Athletes
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Upon completion of this course, participants will:

Chapter 1: Baby Biomechanics

• Realize the need to understand a holistic model of causative mechanics, rather than isolated symptoms, when examining gait.
• Understand the need to look past kinematics, and develop a link between the abilities of the athlete, and its impact on running gait.

Chapter 2: Building a Paradigm of strength and power

• Develop and understanding for the importance mobility, stability, strength, and power as they relate to the running athlete.
• Understand how the ground reaction force influences the bioenergetics of running gait.
• Understand the role of symmetry, body stress, and economy with respect to optimal running form.
• Understand how contact style, cadence, contact time, and stiffness influence form.

Chapter 3: Case scenarios

• Apply the concepts learned in this chapter to 4 real-world case scenarios.
• Discover how athlete’s symptoms, performance, and objective gait and body metrics change following specific interventions to improve athletic capacity.

Chapter 4: Strength and power moves for endurance athletes

• Be able to apply specific mobility, stability, strength, and power exercises and drills to optimize athletic capacity, with an understanding of its specific impact on running gait.