

ONLINE COURSE OUTLINE

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| <ul style="list-style-type: none"> - Welcome & introduction: <ul style="list-style-type: none"> o Course overview o History of Sports Performance o Thoughts on patient care - Sport-specific overview <ul style="list-style-type: none"> o Barbell sports defined o Scope of the problem o Holistic injury management - Introduce cases 1 & 2 - Learn the lifts and analyze: <ul style="list-style-type: none"> o Deadlift o Squat: front and back, OHS - PT evaluation: <ul style="list-style-type: none"> o Movement screen o Table screen - Case findings/discussion - Treatment: manual therapy and pain relief - Case-specific: load management, lift modifications, corrective / accessory exercises - Volume training - Tie together case studies and review | <ul style="list-style-type: none"> - Introduce cases 3 & 4 - Learn the lifts <ul style="list-style-type: none"> o Jerk (clean and jerk) o Clean o Snatch - Variations of lifts (hang, power, full) - PT evaluation <ul style="list-style-type: none"> o Movement screen o Table screen - Treatment: manual therapy and pain relief - Case-specific - Lift-specific: corrective exercises - Barbell skills review and practice - Tie together case studies and review - Discuss the role of patient expectations and review - Closing remarks |
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