

THE ADJUSTING, SUPPORTING, AND REHABILITATIVE APPROACH TO
COMMON SPORTS INJURIES
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1. Developing the sports practice :30
 - Office vs Field
 - Equipment
 - Risk Management
2. Basic body movements and related patterns 2:30
 - Anatomy review
 - The Movement Equation
 - Recognizing aberrant motion
 - Do's and Don't of rehabilitation and exercise
 - Practical Application of Footleveler's Low Tech Rehab
3. The Gait Cycle 1:00
 - Phases of the Gait Cycle
 - Biomechanical breakdown of the Gait Cycle
4. The Practical Application of Footleveler's Orthotics 2:00
 - Weight bearing vs Non-Weight bearing
 - The Gait Cycle System
 - Who needs orthotics?
5. A Video Breakdown of the Gait Cycle 1:00
 - Patient review and analysis
 - Corrective recommendations
6. Common Athletic Injuries of the Lower & Upper Extremities 2:30
 - Differential Diagnosis
 - Adjusting Procedures
 - Supportive Procedures
 - Rehabilitative Procedures
7. Common Athletic Injuries of the Head and Spine 1:30
 - Differential Diagnosis
 - Adjusting Procedures
 - Supportive Procedures
 - Rehabilitative Procedures
8. Specific Adolescent Athletic Injuries 1:00
 - Differential Diagnosis
 - Adjusting Procedures
 - Supportive Procedures
 - Rehabilitative Procedures