

Registration

October 9 & 10, 2010 Running Well Seminars®

\$375.00 fee, cancellation will be accepted until 09/25/10 with a full refund minus an administration fee of \$75.00. No refund after the stated date.

Pay by credit or check payable to and return to:

Catalyst Therapies, LLC
2680 18th St., Suite 150B
Denver, CO 80211

Name: _____

Address: _____

City/State/Zip: _____

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Discipline: _____

I authorize you to charge my: VISA MC

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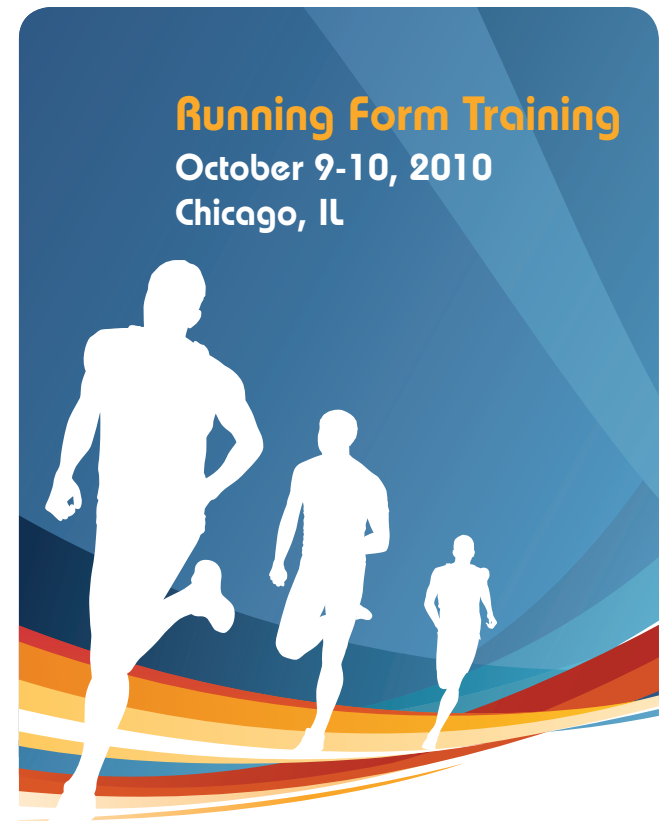


I have read your refund policy above and understand. Catalyst Therapies reserves the right to cancel in the event of insufficient registration or extenuating circumstances. In such case the paid registrants will be reimbursed for the course fee only if another course cannot be arranged. Catalyst Therapies is not responsible for any expenses outside of registration incurred by participants if the course must be cancelled.

Participant Signature: _____

www.runningwellseminars.com

RunningWell
a Catalyst Therapies product
Catalyst Therapies, LLC
2680 18th St., Suite 150B
Denver, CO 80211



A continuing education seminar for physical therapists, athletic trainers and other professionals who work with running clients.

Sponsored by:
Dynamic Physical Therapy

www.RunningWellSeminars.com



If you treat runners, this class is for you!

The drills and techniques in RunningWell® were designed from research and years of clinical expertise in orthopedic and developmental/neurological rehab. The value you get will be for yourself and for your clients. You will be able to go beyond just treating your clients for their injuries and be able to teach them to prevent repeated injuries and improve their running efficiency.

RunningWell® is a six session program used to train runners to improve their efficiency. This 2-day course is now being offered to you, professionals who treat runners. The class drills and lab exercises will train you to perform the same drills and lab exercises that we teach in RunningWell® for yourself and to teach them to your own clients.

Course Description

6-week RunningWell Seminars® began in 2003. Peter and Karen are now in their 7th year of RunningWell®.

This 2-Day RunningWell® course is about running form and alignment for the purpose of joint health and less muscle strain. It is about the importance of repeat video-taped analysis to better train body awareness for efficiency in movement during running. Better efficiency equates to less injury and more patient referrals due to thorough treatment of running injuries.

Course Objectives

At the end of the course the participant will have:

- An understanding of basic biomechanics and kinematics of running and knowledge of the importance of training body awareness in runners
- The ability to identify common dysfunctions in running and apply it in the assessment of running clients
- Techniques to address joint and soft tissue restrictions
- Learned drills to train their running clients for a comprehensive treatment program
- Made a positive change in his/her own running form

Each participant receives:

A manual and video with full illustrations of the drills and exercises; “before and after” video of your own running form and a certificate of completion for 16 contact hours.

Peter Szymanski, PT, IOC, CFMT

- Graduate of University of Colorado, practicing in the Denver area for over 25 years, private practice since 2000
- Integrated Orthopedic Certification and Certified Functional Manual Therapist treating orthopedic and sports injuries.
- Peter incorporates facilitation of efficient movement and function with a combination of manual therapy, neuromuscular reeducation and specific exercise. He has instructed courses on muscle energy technique and myofascial trigger point treatment.
- Runner since 1978, running 5K to marathon distances. Along the way he had every running injury in the book, until he changed his running form. When not running he enjoys golf and winter sports.

Karen Voss, MS, OTR, SIPT, FOC

- Graduate of University of Minnesota; Masters degree 2004 Regis University, Denver
- Specialized in pediatrics and adults in: development, neurological disorders and UE/hand therapy
- In 2000 she considered giving up running due to injuries. Instead, she looked at her running form, changed it and went on to achieve a personal best of 3:07 for the marathon distance. Now, 23 years since her first road race, she continues running.
- Karen contributes her expertise in development, movement analysis and training body awareness to RunningWell®. She enjoys trail and road running, winter sports and golf.

Schedule Day One

7:30	Registration
8:00	Introduction
8:15	Videotaping of participants
8:45	View elite & recreational runners. Components of efficient running form and common running dysfunctions. Philosophy behind training running form.
10:00	View participants' running form
10:30	Drills Lab 1: Foundation, RW session 1
12:00	Lunch (on your own)
1:00	Exercise Lab 1: Flexibility & Stability
1:45	Drills Lab 2: RW session 2
3:00	Videotape participants, view & analyze
3:45	Intro to: <i>Aston® Loosening</i> & upper body posture
4:15	Exercise Lab 2: <i>loosening</i> & upper body
5:00	End of Day One



Schedule Day Two

8:00	Exercise Lab 3: review & continuation of day 1 labs/drills
9:30	Background and exercise: breathing
10:00	Drills Lab 3: RW session 3
11:00	Drills Lab 4: RW session 4
12:00	Repeat video participants
12:30	Lunch (on your own)
1:30	Exercise Lab 4: plyometrics for runners
2:00	Drills Lab 5: RW sessions 5 & 6
3:00	Watch final videos
4:00	Review and discussion
5:00	End of Course

For information contact:

Peter or Karen - info@CatalystTherapies.com
303-458-9660

Course location:

www.DynamicPhysTherapy.com
West Chicago Clinic
440 E Roosevelt Road Unit 104
Chicago, Illinois 60185