

# **Pre-Course Activities**

May 8, 2019

## **Mini Lecture/Lab Course**

**Title:** Rehabilitation to Performance Continuum following ACL Reconstruction

**Description:** Join us as we take you through the rehab to performance continuum following ACL surgery used at Children's Health Andrews Institute Sports Performance Powered by EXOS. This is meant to empower you with evidence based information, models and practical elements to use when returning to your practice. This extra session will be geared towards Athletic Trainers, Physical Therapists, and Strength and Conditioning Coaches. We encourage you to dress in workout clothes as we will have an interactive lab that will take place in our Performance Center and on the turf field.

### **Objectives:**

1. Developing a road map to understand appropriate exercise progressions
2. Recognize and establish appropriate movement patterns
3. Identify and create success during the early phases of rehabilitation
4. Describe plyometric & jumping continuum
5. Describe running & sprinting continuum and progressions

### **Target Audience:**

Athletic Trainers, Physical Therapists, Physicians, Strength & Conditioning

### **Agenda:**

*Wednesday - May 8, 2019*

4:30pm	Rehabilitation to Performance Continuum Following ACL Reconstruction <i>Stephen LaPlante, PT, ATC</i> <i>Josh Adams, MS, CSCS*D, NSCA-CPT</i> <i>Jacob Rivera, CSCS, USAW</i>
5:00pm	Practical Lab: Rehabilitation to Performance Continuum Following ACL Reconstruction <i>Stephen LaPlante, PT, ATC</i> <i>Josh Adams, MS, CSCS*D, NSCA-CPT</i> <i>Jacob Rivera, CSCS, USAW</i>
6:15pm	Panel Discussion
6:30pm	Adjourn

### **Cost:**

\$50.00 (limited spots available)

### **Accreditation:**

#### **BOC**

Andrews Research & Education Foundation (BOC AP# P10024) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 2 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

### **Physical Therapy**

Credit pending approval

\*Accreditation will continue to be update. Further questions regarding accreditation please call Leandra Price 850-916-8583



## Dallas Training Camp Tour

Get the full football experience by touring the place where the Dallas Cowboys train and work 355 days of the year. Highlights of the guided tour include:

- **Ford Center:** Ford Center at The Star is a state-of-the-art, 510,000 square-foot indoor athletic facility shared by the Dallas Cowboys, the City of Frisco, and Frisco ISD's high schools.
- **War Room:** Each year, the NFL draft will be conducted in this state-of-the-art War Room designed with superior technology and fully interactive video wall.
- **Nike Star Walk:** Sponsored by Nike, the Nike Star Walk is a collection of the 10 most significant milestones in Dallas Cowboys history, along with a display of the evolution of the team's uniforms dating back to 1960.
- **Super Bowl Memorabilia & Station:** A display of all five Super Bowl Trophies and Rings from the years of 1971, 1977, 1992, 1993 and 1995. The Super Bowl Station is a complete collection of memorabilia from all five Super Bowl championships.
- **Grand Atrium:** In the Grand Atrium, with its beautiful Italian marble floors that are adorned with names and quotes of Dallas Cowboys players and coaches, hangs artist Leo Villareal LED sculpture titled "Volume Frisco" (2016). This dancing LED display includes more than 19,200 white LED lights embedded in 160, 40-foot-long, stainless steel mirrored rods hanging from the ceiling.

Reserve your spot today when registering for the Injuries in Football Conference.

**Time:**

Wednesday, May 8<sup>th</sup> – 2:30pm – 4:00pm

**Cost:**

\$30.00

## Andrews Institute Injuries in Football Conference Mugs



**Cost:**

\$12.00 - Quantity 2