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Speaker Information:

- *Doug Adams, PT, DPT, SCS, OCS, CSCS* *ACE Running, Wilmington, DE*

Doug Adams is a Physical Therapist who graduated from Auburn University with an undergraduate degree in Exercise Science and then completed his Doctorate of Physical Therapy in 2008 from the University of Delaware. He went on to complete a sports residency at the University of Delaware, becoming a Board Certified Specialist. Doug's interests in Physical Therapy include ACLs, Swimmer's Shoulder, Pre-Participation Screens, Return to Play Testing, and Leadership/mentorship. He has lectured on these topics both locally and nationally, as well as published on ACLs.

Teaching and Evaluation Methods:

- Video based lectures will be used to present evidence based information to course participants
- A Case Study will be used to discuss real world application of the concepts presented in the lectures
- A comprehensive review of the most current literature will be discussed with the use of visuals and graphics to relay the information in an approachable fashion
- Assessment of learning at end of course

Recommended Participant Level:

Beginner to Intermediate level



Best Mobility Fixes for Runners Outline
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Introduction

Description & assessment of dorsiflexion mobility restriction

Treatment for dorsiflexion mobility restriction

Description & assessment of hip extension mobility restriction
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Treatment for dorsiflexion mobility restriction
