Course Information Sheet

Course Title: Effective Functional Progressions in Sport Rehabilitation

Course Description: This complete reference helps clinicians understand the important concepts of functional progressions and equips them to develop rehabilitation programs specific to the needs of their clients. The authors break down the text into three regional areas—upper extremities, lower extremities, and trunk—before delving into the specific anatomical and biomechanical differences within each area. They also present the neuromuscular basis for the specific approaches to each region and provide exercises in functional progressions that simulate the activity the athlete needs to perform to be effective in his or her sport again. One of the most challenging tasks for a sports medicine clinician is rehabilitating an injured athlete for a successful return to competition. This course includes evidence-based, functional tests and will teach you how to interpret and use the test results to develop specific rehabilitation programs. In that respect, this book will be particularly useful for designing individualized programs because clinicians can choose the specific exercises that will benefit their clients. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Understand the importance of an appropriate functional progression in rehabilitation of athletic injuries.
2. Learn the physiological and psychological benefits of functional progressions in rehab for the athlete.
3. Understand the clinical guidelines for functional progression, including tissue healing, swelling, pain, range of motion, strength, and functional movement screening.
4. Learn the proper progression of skills, speed, distance, and load.
5. Understand the key components of functional progression programs, including monitoring signs and symptoms, establishing continuous progression, using sport- and activity-specific progressions in addition to basic progressions, and using objective and functional tests to guide progression.
6. Learn the kinetic link principle, and how it applies to total arm strength and total leg strength.
7. Understand the focus of shoulder and elbow rehabilitation from current research.
8. Know the anatomy of the upper extremity, including bones, ligaments, and muscles.
9. Learn the biomechanics of the upper extremity, including scapulothoracic motion, scapular motion, the deltoid-rotator cuff force couple, and the scapular plane concept.
10. Understand Glenohumeral joint arthrokinematics and obligate translation.
11. Understand the biomechanical aspects of elbow valgus extension overload.
12. Learn the mechanics of overhead throwing, including the windup, cocking, acceleration, and follow-through.
13. Learn the pathology of injuries to the rotator cuff, impingement, secondary impingement, posterior, internal or undersurface impingement, and tensile overload.
14. Understand the anatomy and pathology of the glenoid labrum.
15. Be able to differentiate between humeral epicondylitis and valgus extension overload and ulnar collateral ligament injury.
16. Understand functional testing of the upper extremity, including scapular evaluation and muscular strength testing.
17. Learn a multitude of functional exercise progressions for the upper extremity, including starting position, exercise action, primary muscle groups, indications, contraindications, and pearls of performance.
18. Learn sport specific programs for tennis, baseball, and golf.
19. Know the anatomy of the lower extremity, including bones, ligaments, and muscles.
20. Understand the biomechanics of the lower extremity.
22. Learn common injuries to the lower extremity, including ligament injuries, patellofemoral dysfunction, patellar tendinitis, chondral injury, and ankle sprains.
23. Understand the Functional Movement Screen and how to apply it.
24. Learn various exercise progressions for the lower extremity.
25. Know the anatomy of the lumbar spine, including bones, ligaments, intervertebral discs, and muscles.
26. Understand the importance of the zygapophyseal joint, sacroiliac joint, and pubic symphysis.
27. Know the ligaments that provide structural support to the lumbar spine, the importance of the thoracolumbar fascia, and the muscles involved with stabilization of the lumbar spine.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

Instructor/Author Credentials:

Todd S. Ellenbecker, DPT, is clinic director for Physiotherapy Associates Scottsdale Sports Clinic in Scottsdale, Arizona, and the national director for Clinical Research Physiotherapy Associates. He has been a physical therapist for more than 35 years, specializing in orthopedic and sports physical therapy. He is also a certified strength and conditioning specialist.

Ellenbecker is the primary author of more than 20 peer-reviewed research publications in orthopedic and sport physical therapy, and he is the primary author of more than 10 books in
these fields. He serves as director of Sports Medicine ATP Tour (Association of Tennis Professionals) and chairman of the United States Tennis Association Sport Science Committee. He is a member of the American Physical Therapy Association (APTA), the American College of Sports Medicine (ACSM), and the Society for Tennis Medicine and Science.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A