



ASSESSMENT OF THE RUNNING ATHLETE

LIVE WEBINAR

WEDNESDAY 21st OCTOBER 2020, 12.30pm – 1.30pm BST

SPEAKER: LUKE NELSON

EVENT OUTLINE

Running is not only an increasingly popular form of exercise, but is also the basis for many field sports. Injuries in distance running are high, with around 50% of runners sustaining an injury in any given year. This presentation will cover some of the key examination steps when dealing with running athletes.

LEARNING OUTCOMES

- Important history questions relevant to the running athlete, including a workload analysis
- Physical examination of the injured runner including mobility & strength assessments
- How to conduct a running gait analysis & what to look for

SPEAKER

After graduating from RMIT in 2003, Luke has worked in private practice for 16 years, and recently founded Health & High Performance in Mont Albert North. His vision is to provide high-quality healthcare to help keep active individuals and athletes doing what they love! Luke's special interest is treating sporting injuries and, in particular, running injuries.

In 2016, Luke was awarded the Australian Chiropractic Association's "Sports Chiropractor of the Year" for his contributions to the field of Sports Chiropractic. In 2019 Luke was awarded his Fellowship in Sports and Exercise Chiropractor by AICE.

A keen fitness enthusiast himself, Luke has completed 5 marathons, an ultra-marathon and 2 Iron Man triathlons.

Convenor: Nick Meltcalfe FRCC (Sport)

RCC Sports Faculty members participate free of charge. Contact red.events@rcc-uk.org to register.

RCC members participate at the subsidised rate of £5. Please register and pay online here rcc-uk.org/rcc-events

Non-Members: £25. Please register and pay online here rcc-uk.org/rcc-events

Registration deadline Wednesday 21st October 11am BST.

Registration opens 14th October 2020.