### Evidence-Based Sports Enhancement Programs: From ACL Injury Prevention to Speed and Agility Coaching

#### Method of Payment:
- **Check Enclosed**
- **Purchase Order #**

#### Payable to: Cross Country Education
- **Credit Card:**
  - [ ] Visa / MC
  - [ ] Discover
  - [ ] AmEx

<table>
<thead>
<tr>
<th># of registrants</th>
<th>Total $</th>
</tr>
</thead>
</table>

#### Evidence-Based Sports Enhancement Programs: From ACL Injury Prevention to Speed and Agility Coaching
Audio/manual package: $189 plus S&H $8US/$30CAN

- **No. of copies**
  - [ ] audiotapes
  - [ ] CDs

#### TN residents add 9.25% state sales tax on audio products only.

#### Cross Country Education
- **P.O. Box 200**
- **Brentwood, TN 37024**

#### Authorized Signature
- **PLEASE INCLUDE ALL REGISTRATION FORMS WITH PAYMENT**
**Evidence-Based Sports Enhancement Programs**

**From ACL Injury Prevention to Speed and Agility Coaching**

**Build the Base to Keep from Getting Hurt!**

First step quickness! Acceleration! Change of direction! Quicker! Faster! With the increase in student participation in athletics, ACL injuries have also increased at a fast pace. The statistics are staggering. Seventy percent of all ACL injuries are non-contact injuries. Of the non-contact ACL injuries, women are five times more likely to injure their ACL than men. New research allows clinicians to identify which women are at greater risk of injury and also provides the basis from which to develop effective and preventative programs to decrease the risk of ACL injuries in all populations. We have been rehabbing and returning injured athletes to sport for years and are in the unique position to take these rehab techniques and use research to develop successful and profitable programs to prevent injuries and improve the highly sought after speed and agility in athletes.

This program will teach health care and training professionals how to assess a client's risk for ACL injury and develop both an individual and/or team program for the prevention of ACL injuries based on current research. First step speed, 40-yard dash times, foot work, and agility are all highly prized attributes which athletes are seeking. Develop and progress individual, sport-specific programs for your clientele. You will walk away from the course equipped with proven techniques to build a base for injury prevention and to ultimately take your client to the next level.

**Course Director**

KEVIN McWILLIAMS, MS, PT, OCS, is a licensed Physical Therapist with over 20 years of experience rehabilitating and training both injured and healthy athletes. Currently, he works in the outpatient setting both as a clinician and as an owner of SERC Physical and Hand Therapy of Clinton, Missouri, specializing in orthopedic and sports medicine. Mr. McWilliams received his master's degree in Physical Therapy from the University of Kansas and has served as Orthopedic Clinical Specialist with the American Physical Therapy Association since 2000. He is a member of the APTA and Orthopedic Section of the APTA.

Over the course of his career he has worked with all levels of athletes from various age groups, high school state champions, as well as the NCAA. In addition, Mr. McWilliams holds a faculty position at State Fair Community College, teaching in the pre-nursing program.

In addition, Mr. McWilliams has taught physical therapy CEU courses including: *Rehab of the Lower Extremity using Kinetic Chain Concepts*, a variety of 4-6 hour courses on shoulder and lower extremity rehab.

**What You Will Learn**

- Discuss the incidence and mechanism of ACL injuries and the differences in men and women
- Describe the up-to-date literature and what it says about ACL prevention
- Examine how "pre-hab" can decrease the number of ACL injuries, especially in females
- Identify the biomechanics of the lower extremity and how it relates to ACL injuries
- Examine screening tools and techniques to assess potential ACL injuries and determine a client's risk
- List the components of a successful sports enhancement program
- Develop an ACL injury prevention program specific to the age and gender of your client
- Evaluate therapeutic techniques and interventions to reduce injury and increase performance
- Recognize how closed chain biomechanics and neuro-muscular control can impact the ACL and incidence of non-contact injuries
- Apply neuro-muscular control and specificity of training principles to the development of an athletic performance enhancement program
Course Content

**Anatomy and Neuromuscular Factors in ACL Injury**
- Narrow notch
- Men vs. women
- Biomechanical factors and increased risk in females
  - Increased hip adduction and internal rotation predispose
  - Fatigue and unexpected perturbations
  - Mechnisms for non-contact ACL include deceleration on
    extended position, landing from jump, sidestep cut maneuvers

**Biomechanics of the Lower Leg, Hip, and Pelvis**
- Tri-plane motion or pronation/supination
- Foot and talus
- Valgus motion at the knee
- Deceleration of pronation or “that’s what the hip is supposed to do”
- How hip and core weakness can lead to increased potential knee
  injuries and can be used as a predictor of future knee injuries

**Anatomy of the Proprioceptive System and Specificity of Training**
- Movements are specific to neuromuscular pathways
  - Skill training

**Interventions**
- Therapeutic exercises to significantly reduce ACL and LE
  injury rates
- Body movement patterns can be changed
- Specificity of training
- Education interventions can affect injury rates

**Dynamic Warm-up**
- Dynamic warm-ups have demonstrated improved effects on
  power and agility test scores vs. static stretching
- Dynamic warm-up program
- Hands-on lab

**Specifics to Incorporate**
- ACL screening
- Jump/jump landing training
- Tri-plane strengthening of the lower extremity with focus on G.
  mediaus, G. max, hamstrings, and other groups
- Sport-specific skills *** Skill Training
- 8 or more weeks in duration to allow sufficient neuromuscular
  changes and performance training effects
- Hands-on lab: ACL screen and jump landing training

**The Program**
- Dynamic warm-up
- Balance activities
- Exercises: single leg squats, etc.
- Hop sequence: one and two legs
- Sport-specific drills

---

**Who Should Attend**
- Physical Therapists
- Physical Therapist Assistants
- Athletic Trainers
- Exercise Physiologists
- Certified Strength and Conditioning Specialists
- Personal Trainers
- Coaches

**What You Should Bring**
Please wear loose, comfortable clothing and tennis shoes for the lab
portion of the course.

---

**Can’t Come to Us? Let Us Come to You!**
Choose the seminar topics, dates, and locations that suit your needs. Continuing
education available for select professions.
For more information, visit
www.CrossCountryEducation.com or
contact Barbara Lewis at 1-888-683-4277.

---

**First Step, Speed, and Agility**
- Evaluation of deficits
  - Posterior chain flexibility
  - Hip flexors
  - Hip weakness
  - Core

**Individual Program Development**
- Sport-specific
- Technique-based
- Fix the identified problems first
- Core, core, and core
- Teaching core exercises
- Core lab

**Posterior Chain Tightness and Hip Flexor Tightness**
- Dynamic warm-up
- Monster walks
- Hip lab
- Posture
- Defensive position lab

**Foot Work**
- Cone drills
- Acceleration vs. deceleration the hip brake
- 40-yard dash/pro shuttle

**Putting It All Together**
- Dynamic warm-up
- Core
- Specifics for deficits
  - Flexibility
- Deceleration (bands)
- Cone drills
- Sprint
  - Start techniques
- The length of an effective program
  - What does the research say?

**Marketing Your Program**
- Target audience
- What to charge
- Reimbursement

---

**www.CrossCountryEducation.com**
Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

Dates & Locations

COLUMBUS - April 3, 2013
Sheraton Columbus at Capitol Square
75 E State St, Columbus, OH 43215  614-228-1234

CINCINNATI - April 4, 2013
Crowne Plaza Cincinnati
5901 Pfeiffer Rd, Blue Ash, OH 45242  513-793-4500

INDIANAPOLIS - April 5, 2013
Crowne Plaza Hotel at Union Station
123 W Louisiana St, Indianapolis, IN 46225  317-631-2221

LEXINGTON - April 10, 2013
Crowne Plaza Campbell House
1375 S Broadway, Lexington, KY 40504  859-255-4281

LOUISVILLE - April 11, 2013
The Brown, A Camberly Hotel
335 S Broadway, Louisville, KY 40202  502-583-1234

EVANSVILLE - April 12, 2013
Hilton Garden Inn Evansville
200 Eagle Crest Dr, Evansville, IN 47715  812-476-4000

Course Hours

Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Why Commute? Compute

Webcasts and webinars for CE in your field

www.CrossCountryEducation.com

Continuing Education Credit

ACE: Submitted for ACE approval.

Certified Strength and Conditioning Specialists and Personal Trainers: NSCA Certification Executive Council approved 0.6 CEUs for CSCS and NSCA-CPT certificates attending this event. April# D1035.

Exercise Physiologists: The American College of Sports Medicine’s Professional Education Committee certifies that Cross Country Education meets the criteria for official ACSM Approved Provider Status from (2011-2013). Providership #63099.

Athletic Trainers: Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOCEmployed Provider #P3097
6 CEUs will be awarded.

Physical Therapists: This program has been approved for 6 CEUs by the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants (Approval #1251630). This program has been submitted to the Illinois Physical Therapy Association for approval of 6 credit hours. This program has been submitted to the Kentucky Physical Therapy Association for approval of 6 contact hours.

Other professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/ associations for a full day’s attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration. Cancellations received at least five working days before the event are refundable less a $20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received within ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

Register online at express.CrossCountryEducation.com
Use Express Registration Number: 271727