

MASTER CERTIFICATION COURSE

This master level course is intended for healthcare professionals who have already been certified in the Sportsmetrics program. The course builds on the original Sportsmetrics™ program, a scientifically proven, evidence-based program, by providing an understanding of the latest research on injury prevention, a look at new interventions for ACL rehabilitation including Blood Flow Restriction and a hands-on training experience with the advanced Sportsmetrics program. Attendees will have access to the latest research in ACL injuries and prevention from nationally-known researcher Dr. Frank Noyes. Sportsmetrics is proven to reduce the incidence of non-contact ACL injuries and re-injuries, and only Sportsmetrics practitioners certified by Cincinnati Sports Medicine can offer Sportsmetrics training.

The techniques and protocols from this course will allow you to incorporate the latest scientifically proven methods on injury prevention as part of the rehabilitation program in your clinic as well as offer the training to athletes in your community.

MASTER CERTIFICATION COURSE

8 - 8:15 Intro & Welcome

8:15 - 9:45 Research in ACL Injury Prevention

9:45 - 10:00 Break

10:00 - 10:45 Innovative Therapeutic Interventions for Knee Rehabilitation

10:45 - 11:00 Break

11:00 - 11:45 Review of Neuromuscular Testing & New App

11:45 - 12:30 Lunch

12:30 - 1 Blood Flow Restriction Demo

1 - 3:00 Advanced Program Overview/Demo

3:00 - 4 Practicum

4:00 - 5 Testing

This certification will provide healthcare professionals with:

- Research updates on injury prevention from Dr. Frank Noyes
- Practical demonstrations and participation in advanced Sportsmetrics technique and training including plyometrics, agility and sports injury testing
- Recommendations for ACL return to play criteria
- Extensive course manual that includes research articles and protocols, technique photos, Sports Injury Testing requirements, training recommendations and protocols

Full list of course objectives available online & with course materials

TARGET AUDIENCE:

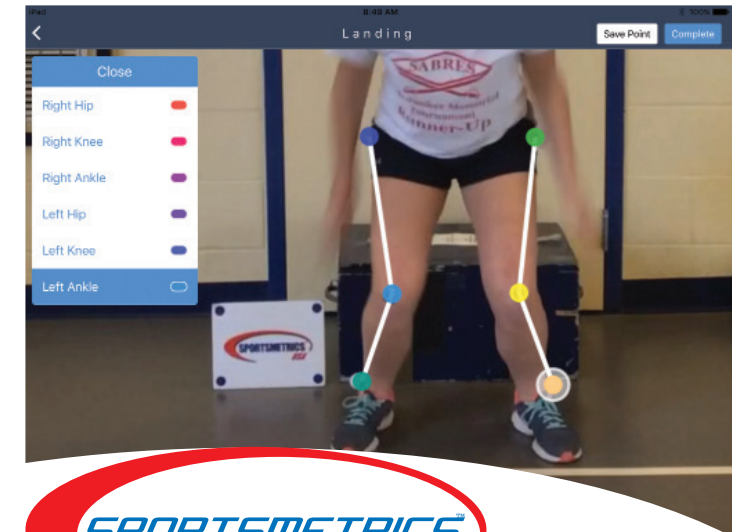
Physical therapists, physical therapy assistants, athletic trainers, physician assistants, orthopaedic surgeons, degree or accredited certification in a health or exercise field

COURSE PRE-REQUISITES

- Certification in the original Sportsmetrics program
- Review of Sportsmetrics™ Advanced training program powerpoint with videos prior to course attendance is recommended.
- Review of research articles provided upon registering

MATERIALS & ACTIVITIES PROVIDED

- Course manual/electronic copy of research articles, technique photos/videos, protocols. Be prepared to workout. Wear comfortable clothes and sneakers
- Breakfast & Lunch
- Continuing Education Credits



ATTENDEE BENEFITS & RESPONSIBILITIES

Sign a License Agreement with Cincinnati SportsMedicine Research and Education Foundation BEFORE ATTENDING THE COURSE, AGREEMENT CAN NOT BE AMENDED.

- Receive certificate of completion upon completion of a practical exam and a score of 70% or higher on a written exam
- Receive Master Level Certified Instructor status
- Participation in national collaborative efforts to further research and development of female athlete knee injury prevention programs.

THE SPORTSMETRICS™ FACULTY

Frank R Noyes, MD
George Davies, DPT, MEd, PT, SCS, A
Stephanie Tutalo Smith, MS, CSMS