

# TRAINING THE INJURED ATHLETE

## OUTLINE

### A. Introduction

1. Introduction and Course Mechanics
2. Pain Science
3. Principles of Working with People
4. Working Within The System: Communication
5. Goal Setting
6. Red Flags
7. Tissue Healing Times
8. Lifestyle
9. Well Body Training
10. Pain In Training
11. Foundational Principles
12. Minimum Effective Dose
13. Blood Flow Restriction (BFR)
14. Programming Overview

### B. D2R2

1. The D2R2 Model
2. NMES
3. Percussion & Vibration
4. Scraping
5. Voodoo Flossing
6. Cupping

### C. Conditioning

1. Conditioning Work During Recovery: Aerobic Template

### D. Shoulder

1. Relevant Anatomy
2. Common Diagnoses or Common Lumbar Spine Problems
  - a. Disc
  - b. Sciatica
  - c. Stenosis
  - d. Sensitivity: Flexion/Extension
  - e. Strain
  - f. SI
  - g. Spondy
  - h. Piriformis Syndrome
  - i. Non- Specific Low Back Pain

## E. Knee

1. Relevant Anatomy
2. Common Diagnoses or Common Knee Problems
  - a. Runner's Knee
  - b. Jumper's Knee
  - c. Patellar Tracking
  - d. Meniscus Tear
  - e. ACL
  - f. Osgood Schlatters
  - g. MCL Sprain
  - h. TKR
  - i. Hamstring

## F. Hip

1. Relevant Anatomy
2. Common Diagnoses or Common Hip Problems
  - a. Impingement
  - b. Torn Labrum
  - c. Hip Replacement
  - d. Hip Flexor Pain
  - e. Groin Strain.Sports Hernia

## G. Elbow

1. Relevant Anatomy
2. Common Diagnoses or Common Elbow Problems
  - a. Golfer's Elbow
  - b. Tennis Elbow
  - c. Biceps Strain/Tear
  - d. Triceps Strain/Tear

## H. Foot and Ankle

1. Relevant Anatomy
2. Common Diagnoses or Common Foot and Ankle Problems
  - a. Plantar Fasciitis
  - b. Achilles Tendinopathy
  - c. Shin Splints
  - d. Ankle Impingement
  - e. Turf Toe
  - f. Ankle Sprain
  - g. Calf Strain/Tear

## I. Wrist

1. Relevant Anatomy
2. Common Diagnoses or Common Wrist Problems
  - a. Scaphoid
  - b. Wrist Pain
  - c. Carpal Tunnel Syndrome

## J. Neck

1. Relevant Anatomy
2. Common Diagnoses or Common Neck Problems
  - a. Disc
  - b. Radiculopathy
  - c. Stenosis
  - d. Thoracic Outlet Syndrome
  - e. Strain
  - f. Headaches

## K. Tendinopathy Primer

1. Tendinopathy Primer
  - a. Tendinopathy Primer

## L. Wrap Up

1. Wrap Up
2. Next Steps

## M. Final Quiz