



# Injury Prevention for Runners: Bridging the Gap Between Physical Therapy and Performance

Independent Study  
Course 30.1.5

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CONTINUING PHYSICAL THERAPY EDUCATION

ACADEMY OF  
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## REFERENCES

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### Video 1: Single Leg Balance Challenges

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### Video 2: Single Leg Squat Discharge

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### Video 3: Triple Hop Test

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### Video 4: Supine Transverse Abdominis Progression

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### Video 5: Front Plank Progression

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### Video 6: Side Plank Progression

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### Video 7: Hip Rotators Progression

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### Video 8: Hip Extensors Progression

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### Video 9: Hip Abductors Progression

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### Video 10: Single Leg Balance Progression

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### Video 11: Lunge Progression

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### Video 12: Single Leg Squat Progression

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### Video 13: Romanian Deadlift (RDL) Progression

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### Video 14: Foot Intrinsic Progression

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### Video 15: Heel Raise Progression

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### Video 16: Plyometric Progression

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### Video 17: Back Squat Progression

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### Video 18: Front Squat Progression

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### Video 19: Deadlift Progression

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### Video 20: Clean Progression

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