

SPECIAL TOPICS: ENHANCING PERFORMANCE USING A MIND, BODY, METRIC APPROACH

Independent Study Course 30.3



Description

This 6-monograph course is a blend of timely and informative topics relevant to today's practicing therapist. Experts in the field discuss unique topics dealing with the importance of sleep, nutrition, and mental performance applied to patient care. New innovations are also covered and include blood flow restriction training and the use of wearables to track performance. Effectively treating runners of varied ability and how to return each to a high level are also covered.

Learning Objectives

1. Identify nutrition concerns that may interfere with optimal health and well-being.
2. Describe current evidence-based nutrient and supplement recommendations and their impact on healing and inflammation.
3. Provide recommendations on nutrition to optimize rehabilitation protocols and recovery from injury.
4. Identify events occurring during each phase of the sleep cycle.
5. Understand the implications of sleep loss on health.
6. Implement a sleep screening instrument in clinical physical therapy practice.
7. Understand of the physiology underlying the effectiveness of blood flow restriction.
8. Identify populations with whom to consider the use of blood flow restriction.
9. Appropriately prescribe blood flow restriction with resistance exercise based on current evidence.
10. Describe the varied uses of wearable technologies in clinical practice.
11. Discuss the benefits and limitations of using wearable technologies in monitoring performance.
12. Differentiate among training methods for runners with different levels of ability.
13. Develop a return-to-running program based on a runner's level of ability.
14. Identify psychosocial strategies to enhance adherence to injury rehabilitation.
15. Appreciate the role of an inter-professional approach to injury rehabilitation.

Topics and Authors

Current Trends in Nutrition and Supplementation with Relevance to the Physical Therapist—Leslie Bonci, MPH, RD, CSSD, LDN

Let Me Sleep On It: Sleep for Healthy Aging and Optimal Performance—Kristinn I. Heinrichs, PhD, PT, NCS, SCS, ATC;
Melanie M. Weller, MPT, OCS, CEEAA, ATC

Blood Flow Restricted Exercise: Physical Therapy Patient Management Using Current Evidence—Johnny G. Owens, MPT;
Luke Hughes, PhD; Stephen Patterson, PhD

Mental Techniques for Performance—Scott B. Martin, PhD,
FACSM, FAASP; Rebecca Zakrajsek, PhD, CMPC®;
Taylor Casey, MEd; Alexander Bianco, MS

Wearable Technologies for Monitoring Human Performance—
Mike McGuigan, PhD, CSCS

Training Methodologies for Runners—Jerry-Thomas Monaco, PT,
DPT, OCS; Richard G. Hubler, Jr., PT, DPT, OCS, FAAOMPT

Editorial Staff

Christopher Hughes, PT, PhD, OCS, CSCS—Editor
Gordon Riddle, PT, DPT, ATC, OCS, SCS, CSCS—Associate Editor
Sharon Klinski—Managing Editor

Continuing Education Credit

Contact hours will be awarded to registrants who successfully complete the final examination. The Academy of Orthopaedic Physical Therapy CEUs are accepted by the majority of state physical therapy licensure boards as allowed by the type of course requirements in state regulations. For individual state requirements, please visit your state licensure board website.

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