

INJURY PREVENTION & TREATMENT WORKSHOP

(The Healthy Runner Is A Happy Runner)

- I. Two Leading Causes of All Sports Injuries
 - A. Improper Fitting Shoes
 - 1. Toe Length
 - 2. Counter Durability
 - 3. Bends at Widest Point
 - 4. Uniformity of Design - Heel Height & Counter Seam (Made on different days)
 - 5. Air Technology
 - 6. Lacing Patterns (see diagram)
 - B. Incorrect Stretching - The warm-up routine is the single most important thing.
- II. Demonstrate How To Prevent and Correct Both
- III. Eliminating Muscle Soreness & Injuries – Demonstration
 - 1. Nuerolymphatics 2. Icing 3. Arnica 4. Shin splints 5. Stress fractures vs periostitis
- IV. Cramping - The Cause, Concerns and Elimination
 - A. Lack of Water/Fluids - Dehydration - When to Drink
 - B. Electrical (One side of the body)
 - C. Chemical (Both sides of the body)
 - 1. Potassium
 - 2. Calcium
 - 3. Magnesium
 - D. Other Cramping Concerns (The Stretch, Adrenals, Reactive Diaphragm)
- V. Question & Answer

References and Suggested Reading

In Fitness and in Health Everyone is an Athlete by Dr. Philip Maffetone
Touch For Health by Dr. John Thie
The Body Electric by Dr. Robert Becker
Herbal Medicine by Dian Dincin-Buchman
The Tao of Health, Sex, & Longevity by Daniel P. Reid
Why Christians Get Sick by Rev. George H Malkmus
Between Heaven and Earth - A Guide to Chinese Medicine by Harriet Beinfield, L.Ac.
and Efrem Korngold L.Ac., O.M.D.

Websites of Interest

www.brocawblazers.org – Our website is and excellent coaching education resource.
www.mercola.com – The most used medical reference website in the world for alternatives.

Please feel free to contact me if I can answer any questions. I will return your call
A.S.A.P. Coach David Ramsey (816) 365-7938.

For Me To Take

Electric Ball

Touch For Health Book

Shoes to Demonstrate

Lacing Patterns

Nutrition Charts

Camp &/or Clinic Brochures

Business Cards