WE CORDIALLY INVITE YOU TO A LECTURE

on Thursday October 31, 2019 at 5:30 p.m.
small left aula of Second Faculty of Medicine,
Charles University

V Úvalu 84, Prague 5

OPENING LECTURE

"Physical Therapy Education and Movement Science Research in USA"

Kornelia Kulig, PhD, PT, FAPTA,
Professor Clinical Scholar-Physical Therapy

MAIN LECTURE

"Examination and Treatment of the Injured Runner: Hypothesis Driven by Experience, Research and Technology"

In this lecture, we will highlight the very latest evidence and strategies for evaluating and treating the injured runner. We will introduce running gait analysis technology currently accessible to clinicians. We will illustrate the process by providing a case example of a hypothesis driven running gait assessment, fitness testing, and clinical examination to hone in on efficacious intervention including manual therapy, therapeutic exercise, fitness training and running gait drill training.

About the Speaker:

Liz Poppert DPT, MS, OCS blends academics, as an Adjunct Assistant Professor of Clinical Physical Therapy at the University of Southern California, and clinical work at her Santa Monica private practice. Her teaching and publications aim to educate practitioners to apply best clinical evidence, laboratory biomechanics and principles of therapeutic exercise to maximize patient outcomes with rehabilitative exercise programs especially for individuals with low back pain and those with running related injuries. She has directed the Principles of Therapeutic Exercise course for the Doctor of Physical Therapy program at the University of Southern California for 15-years. Dr. Poppert is a is certified as an ACSM Exercise Physiologist and United States Track and Field Level One Coach. She is avid recreational runner and enjoys training and competing with the Track Club of Los Angeles.

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