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Treatment of the Warrior Athlete

8-9 October 2016

Presented by: William E. Morgan, DC

This seminar is intended to prepare the chiropractor to effectively manage extreme athletes and those who engage in rugged occupations. Warrior athletes are those in sports and professions who place extreme demands on their bodies and frequently “play” injured. The ancient Spartans epitomized the concept of the Warrior Athlete. They were warriors who perfected their craft through athletics. While Dr. Morgan places a particular emphasis on cross-fitness athletes and special warfare troops, many of the principles taught apply to other athletes, occupations, and to our general patient population.

	Early Bird	After 26/08/16
AECC Grad/TAM/EAC/RCC	£ 205	£ 257
Non Members	£ 225	£ 282
Students	£ 80	£ 100

Hour	Topic covered
0.5	<p>Course Overview</p> <ul style="list-style-type: none"> • Broadly define the parameters of this course • Explain who are warrior athletes • Define the realistic expectations in treating warrior athletes and what makes them different. • Explain how chiropractic care can influence the outcome of injured warrior athletes. • Describe how the principles taught in this course be applied to our other patients who have more balanced (rational) lifestyle.
1.5	<p>Anatomical Trains of Motion</p> <ul style="list-style-type: none"> • Anatomy and biomechanics review from a clinician's perspective • The importance of passive tissues in athleticism • Optimizing the mechanism of power transfer • The risks of exercise machines and training muscles in isolation • Principles of healthy movement
3	<p>Cross-Fitness</p> <ul style="list-style-type: none"> • Define Cross-fitness • The benefits of cross-fit workouts • The perils of cross-fit workouts • Comparing benefits and risks • Metabolic workouts versus strength workouts, or cardiovascular workouts • Functional exercises • Dangerous cross-fit exercises • Exercises with little benefit
4	<p>Biomechanics and Adjusting the foot and ankle</p> <ul style="list-style-type: none"> • Anatomy • Kinematics of the foot • Gait basics
5	<p>Chiropractic Evaluation and Treatment</p> <ul style="list-style-type: none"> • Evaluation of motion patterns • Chiropractic adjustments and management for correcting dysfunction • Lab
6	<p>The Squat</p> <ul style="list-style-type: none"> • The importance of squatting motions in all aspects of life from athletics to geriatrics. • Evaluating squatting motions • Using apps and mobile devices for analyzing the squat • The Hip Hinge • Corrective measures • Lab evaluation of squatting motions of attendees

7 The Lumbar Disc

- Lumbar Anatomy on MRI
- Gallery of lumbar disc herniations on MRI
- Stenosis and lumbar disc herniations
- Vertebral body bony edema associated with disc derangements
- Spondylolisthesis
- Chiropractic treatment
- Exercise

8 Developing a Reactive Core

- Define and identify the muscles of the core
- Explore the science of a reactive protective core
- Scientific basis for increasing reactive core tone through chiropractic adjustments
- Using imagery to identify core dysfunction and atrophy
- Prescribing exercises to enhance the core and protect the spine from injury
- Lab

9 Review of Material from the first 8 hours (day one)

The World of the WOD (Work Out of the Day)

- What happens in a cross-fitness gym
- What are the real benefits to this type of training
- The psychology of the tribe
- Exercises to avoid
- Working with fitness instructors to maximize fitness and minimize risk

10 Wounded Warriors

- TBI
- PTSD
- Severe orthopedic injury
- Treating patients with amputations
- Adaptive sports

11.5 Chiropractic Management Lab

- Safety concerns with manual treatment
- Provocation testing in chiropractic adjusting/adjusting in a non-provocative line of drive
- Upper extremity adjusting: hand, wrist, elbow, shoulder, scapula-thoracic
- Spinal adjusting
- Sacroiliac adjustments strain-counter strain

12 Conclusion

- Complete class with a synopsis of the topics covered
- Concluding remarks
- Questions and answers
- Completion of survey

Who are Warrior Athletes?

- Military personnel
- Cross-fitness athletes
- Martial artists
- Rodeo athletes
- Police and Firefighters
- Triathletes
- Contact sport athletes
- Ultra-marathoners
- Extreme sports enthusiast
- Commercial divers
- Wounded Warriors
- Ruggers
- Lumber jacks
- Commercial fishermen
- Miners
- Oil workers
- Dancers
- Gymnasts

This seminar breaks through the confusion and noise surrounding the treatment of cross-fitness athletes and others who operate their bodies on the extreme levels of performance. It will provide attendees the tools they need to understand how to treat injuries and to maximize performance.

Dr. Morgan will teach how to analyze exercises and motion patterns and provide corrective chiropractic treatment to help *warrior athletes* attain elite levels of fitness without injury. Chiropractic evaluation, adjusting, and myofascial treatment will be included in this seminar. This hard-hitting seminar will take the very real and positive benefits of diverse multi-modal fitness programs and temper them with the clinical knowledge to maximize the benefits while minimizing the risk of injury.

William E. Morgan practices at Bethesda's Walter Reed National Military Medical Centre (Maryland, USA). WRNMMC is the largest military medical centre in the world and is also known as the President's Hospital. He is the sole chiropractic representative for the United States Navy's Musculoskeletal Continuum of Care Advisory Board (MCCAB). He serves as a consultant to various United States government executive health clinics in Washington, D.C. caring for that nation's leaders. A pioneer in hospital-based chiropractic, he has been credentialed in five hospitals. He also holds faculty appointments at New York Chiropractic College (Professor), and F Edward Hébert School of Medicine (Assistant Professor in family medicine). He is the team chiropractor for the United States Naval Academy football team. A veteran of U.S. military service, he has served in Naval Special Warfare Unit One and Marine Recon. Dr. Morgan is a 1985 graduate of Palmer College of Chiropractic-West. In addition to many other awards, he has received the American Chiropractic Association's Chiropractor of the Year Award. Dr. Morgan has been featured on CCN.com and has been interviewed by the Washington Post. He has published extensively.

12 CPD Hours

**THIS COURSE IS ACCREDITED FOR 12 CPD POINTS
BY THE EUROPEAN ACADEMY OF CHIROPRACTIC**

Registration: Saturday: 08:45

Saturday: 09:00-18:00

Sunday: 09:00-13:00

Saturday Lunch and refreshments included

