



DONALD PHYSIOTHERAPY

**JUNE 13 and 14,  
2020**

**Taught by**



**Julie Wiebe,  
Physiotherapist**

**\$800+GST  
before April 15**

**\$850+GST after  
April 15, 2020**

**COURSE HOSTED BY**

**DONALD PHYSIOTHERAPY**

**80-3211 Preston Avenue South**

**Saskatoon SK S7T 1C9**

**LIMITED SPACES AVAILABLE!**

## **Treating and Training the Female Runner**

The female runner presents practitioners with unique challenges. Women are 2x more likely to sustain a running injury than men; experience a higher rate of incontinence than age-matched women in the general population; and need to navigate the changes brought by pregnancy and postpartum to continue to participate in their sport of choice. It is critical that both male and female orthopedic, sports medicine, and pelvic health professionals recognize and have skills to address the inter-relationship of musculoskeletal, performance and pelvic/abdominal health needs of female runners in their care. These issues are intertwined within the brains and bodies of athletic females, we can no longer separate them in our clinical and fitness programming.

**Pre-Requisite:**

1. Module One of Piston Science Part One (completed at least 2-months prior to the course).
2. Bring a video of one or two runners (and/or your own running) with written permission to share with others and use for labs. Videos should be from the front, side and behind.
3. Bring video of squats, single leg squats, a squat jump and hops all from side and front views of at least one of the runners or yourself.
4. Sign and return the course Terms and Conditions.

<https://www.juliewiebept.com/events/event/treating-and-training-the-female-runner-2/>

**To register, email**

**[michelle@donaldphysiotherapy.com](mailto:michelle@donaldphysiotherapy.com)**

