



KAISER SPORTS FELLOWSHIP COMMUNITY COURSE

LOWER QUARTER STRIKING INJURIES IN COMBAT SPORTS:

SCREENING PREVENTION AND REHABILITATION

Course Objectives:

- Epidemiology of lower quarter injuries in combat sports
- Evaluate combat athlete for injury risk
- Prescribe preventative measures
- Rehabilitate from lower quarter striking injuries and return to sport

Location:

West Los Angeles Medical Center
6041 Cadillac Ave, Los Angeles, CA
90034

Date: January 26th, 2019

Contact: Jason.C.Tonley@kp.org

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7:30 – 8:00 Check In

8:00 – 8:15 Introductions

8:15 – 10:00

1. Combat Athlete Profile

2. Movement Assessments of the Combat Athlete*

10:00 – 10:15 Break

10:15 – 12:00

1. Kinematics Analysis of Standard Kicks*

2. Hip, Knee, Ankle: Anatomy, Pathophysiology, and Common Kicking Injuries*

12:00 – 1:00 LUNCH

1:00 – 2:00

1. Balance, Coordination, and Stability in Combat Sports

2:00 – 2:15 Break

2:15 – 4:30

1. Treatment Concepts*

2. Return to Sport: Criteria and Testing

4:30 Questions, Answer & Wrap Up

*LAB COMPONENT