THE POSE METHOD®: A STANDARDIZED APPROACH TO RUNNING & INJURY PREVENTION
CONTINUING EDUCATION COURSE

PREVENT INJURIES & IMPROVE ATHLETIC PERFORMANCE

ROMANOV ACADEMY OF SPORTS SCIENCE

CLICK HERE TO VISIT OUR WEBSITE FOR MORE INFORMATION
ABOUT THIS COURSE

The musculoskeletal load from running is an essential component of training our bodies to adapt to external forces. Proper running technique is the foundation of speed, endurance and fitness.

Course Description
This immersive two-day course covers the fundamentals of proper running technique in a lecture setting reinforced by practical sessions throughout both days.

The course consists of theory and practice and for a better perspective it includes a bit of historical information on running, running related injuries, and research as it provides solid foundation necessary for further development of participants' understanding.

During practical portions of the course, participants practice unique technique drills and exercises and learn how to teach running safely and effectively to anyone of any level.

Target audience
Physical therapists & assistants, coaches, athletic trainers. Athletes, recreational runners, parents of school age children that participate in running related activities are also encouraged to sign up and attend this course.

“The course was one of the best I’ve taken. Dr. Romanov is a genius and I think his teaching is so relevant to our profession. I think I can speak for everyone when I say we all got a lot out of the class.”

- Jessica DePalma, DPT, Ivy Rehab Physical Therapy
About This Course

There are fundamental and quite simple, yet not readily apparent, principles present in human movement including running. Those principles govern everything from speed to injuries. VO2Max and everything else is secondary to those main principles.

Learning the correct Running Pose is just as important as having a stable position for an overhead squat. Being able to run well is essential to becoming a complete athlete.

During this seminar, using evaluation tools like video analysis, we can show you common technique flaws that lead to injuries and teach you how to prescribe specific drills and create strength training regimen to correct your own running form or running form of your clients.

Become a Pose Method® Certified Running Technique Specialist. Teach your clients and athletes how to run and help them become faster and reduce injuries. Developed by an Olympic Coach, the Pose Method® of Running is currently the only method of teaching running technique with scientific and clinical evidence of reducing impact on knees by virtually 50% and dramatic reduction of pain and disability associated with the chronic compartment syndrome.

If your clients are professional or recreational runners, or if they participate in an athletic activity that involves running (which would include the majority of athletic activities), then whether you’re a Physical Therapist, a Sports Doctor, an Athletic Trainer or a Coach – this Certification is for you.
LEARNING OBJECTIVES

“knee power absorption and eccentric work were significantly reduced with Pose compared with heel-toe and midfoot running.”

Reduced Eccentric Loading of the Knee with the Pose Running Method, published February 2004

The Pose Method Running Seminar teaches participants:

1. The fundamental principles of all human movement defined by the Pose Method system
2. A clear framework for the running movement
3. The invariable elements within the anatomy of a running stride and how they contribute to a runner’s speed, endurance, and injury prevention
4. Drills and exercises that enhance the runner’s perception of the movement and improve his/her motor pattern
5. Running specific strength conditioning
6. How to teach running technique in individual and group settings, training sessions and in preparation for endurance events.
7. How to use video analysis evaluation tool and provides clear guidelines for identifying technique errors
8. How to address common injuries associated with poor running technique, as well as provides a conceptual foundation for understanding the cause of injuries
9. How to work with athletes by evaluating their technique and providing drill instruction to improve their technique and speed
# DAILY SCHEDULE

This is a typical daily schedule of a standard 2-Day clinic or seminar. 
*(Times are subject to change, number of hours will remain the same.)*

<table>
<thead>
<tr>
<th>Day 1</th>
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<tbody>
<tr>
<td>09:00-09:30</td>
<td>Introduction and historical foundation of running</td>
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<tr>
<td>09:30-10:00</td>
<td>Basic mechanics</td>
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<tr>
<td>10:00-10:30</td>
<td>Technique, teaching and drills introduction</td>
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<tr>
<td>10:30-11:00</td>
<td>Pre intervention video recording</td>
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<tr>
<td>11:00-12:00</td>
<td>First practical session, running specific strength exercises,</td>
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<td>corrective drills</td>
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<tr>
<td>12:00-12:00</td>
<td>Lunch break</td>
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<tr>
<td>01:00-02:00</td>
<td>Media timeout &amp; video analysis introduction</td>
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<tr>
<td>02:00-02:30</td>
<td>Training and athletic footwear</td>
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<tr>
<td>02:30-05:00</td>
<td>Second practical session – Pose Method technique specific drills</td>
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<td>05:00-06:00</td>
<td>Concepts, practical application and instruction discussion.</td>
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<th>Day 2</th>
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<tbody>
<tr>
<td>09:00-09:30</td>
<td>Framework of teaching and instruction</td>
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<tr>
<td>09:30-10:30</td>
<td>Common running related injuries</td>
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<tr>
<td>10:30-10:45</td>
<td>Flexibility: purpose, proper instruction, and health benefits</td>
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<tr>
<td>10:45-11:15</td>
<td>Group &amp; one-on-one instruction practice.</td>
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<tr>
<td>11:15-12:00</td>
<td>Third practical session, running specific strength exercises,</td>
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<td>corrective drills</td>
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<tr>
<td>12:00-12:00</td>
<td>Lunch break</td>
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<tr>
<td>01:00-02:00</td>
<td>Media timeout &amp; post intervention video analysis</td>
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<tr>
<td>02:00-02:30</td>
<td>Self video analysis</td>
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<tr>
<td>02:30-03:30</td>
<td>Advanced topics in mechanics</td>
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<tr>
<td>03:30-05:00</td>
<td>Fourth practical session – advanced &amp; corrective drills</td>
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<tr>
<td>05:00-06:00</td>
<td>Wrap-up: Q&amp;A. Exam Registration (Optional)</td>
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COURSE INSTRUCTOR

An experienced teacher & a former senior lecturer on biomechanics, Dr. Romanov will demonstrate the complexity of running and the simplicity of learning correct running form.

Nicholas Romanov, Ph.D

A 2-time Olympic Coach, author, world-renowned sports scientist with a career spanning over forty years, Dr. Romanov specializes in:

- sport biomechanics
- sport specific technique
- kinesiology
- sport training theory and physical education
- training program development from elite to amateur athletes
- exercise physiology
- injury diagnosis, prevention and exercise rehabilitation

Please note: We assign instructors to courses based on location and availability. Please inquire ahead of scheduling if you would like to request Dr. Romanov for your course.
REGISTRATION & CERTIFICATES

Pose Method seminars provide continuing education hours, certificates of attendance and certificates of title.

REGISTRATION FEES

- 2 Day Seminar & Online Exam - $890
- 2 Day Seminar - $595
- Level 1 Exam - $295

CONTINUING EDUCATION

Upon completion of this 2 day educational seminar and the online exam 16 CEUs may be claimed.

This seminar is approved for 16 contact hours and/or meets the requirements of continuing education for Physical Therapists and Physical Therapist Assistants in the following states: CO, CT, FL, IL, IN, MO, NC, NJ, NY, PA, TN, UT, VA, WI

REGISTRATION

posemethod.com/YourLocation

Registration for this seminar is available online on the official website. Each seminar is assigned its own link, however all seminars can be found at posemethod.com/courses

LEVEL 1 EXAM

This Exam is administered online and can be registered for separately and within 30 days after attending the 2 day continuing education seminar. The Running Technique Specialist Certificate is automatically issued upon a successful completion of this exam.

CERTIFICATES

To receive a Running Technique Specialist Certificate, one must:

- Attend and participate in all parts of the 2 Day seminar; and
- Take the Romanov Academy Online Exam (Level 1)

If you do not meet these requirements, a Certificate of Attendance and a receipt can be issued on request.
CONTACT & SUPPORT

For promotional support and information contact

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Pose Method, Inc

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E-mail: lana@posemethod.com