

Head Trainer/ Strength & Conditioning Coach for the Carolina Hurricanes

# PETER FRIESEN and Raleigh Orthopaedic Clinic

Team Orthopaedist for the Carolina Hurricanes



## PROGRAM DESCRIPTION

This summit is designed to bring together various sports medicine specialists to share information & current trends across professional boundaries.

## TARGET AUDIENCE

The Friesen Physio Fitness Summit is intended for Physical Therapists, Athletic Trainers, Strength & Conditioning Coaches, Chiropractors, Students, and other healthcare professionals involved in the evaluation, treatment and rehabilitation of athletes.

## CREDIT

The Friesen Physio Fitness Summit is recognized by the NCPTA to offer 8 contact hours for physical therapists and physical therapy assistants, by the NATA-BOC, Inc. to offer 8 contact hours of continuing education for certified athletic trainers, by the NSCA to offer 8 contact hours of continuing education for certified strength & conditioning coaches, by the NC Board of Chiropractor Examiners to offer 8 contact hours of continuing education for chiropractic physicians, and by the by the CATA to offer 3.1 continuing education credits.

## REGISTRATION FEES

- Physical Therapists, Chiropractors: \$75
- Athletic Trainers: \$50
- Physical Therapy Assistants: \$50
- Strength & Conditioning Coaches: \$50
- Students: \$25

Registration includes: CEU recording, registration, instruction, educational materials, refreshment breaks & lunch.

Register online at [www.friesenphysiofitness.com](http://www.friesenphysiofitness.com)

## CANCELLATION POLICY

For participants who register and cannot attend, a seventy percent (70%) refund will be granted if written notice is received by August 5, 2011. No refunds thereafter. Participants who register & do not attend, and do not cancel prior to August 5, 2011 will be responsible for the full registration fee.

## LOCATION

Arena Club- RBC Center  
1400 Edwards Mill Road, Raleigh, NC 27607

Presents the:

# FRIESEN PHYSIO FITNESS SUMMIT

Saturday, August 13, 2011

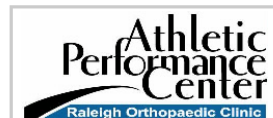
RBC Center Raleigh, NC



Registration: 7:30 am, Program: 8:00 am– 5:00 pm

To register visit: [www.friesenphysiofitness.com](http://www.friesenphysiofitness.com)

Sponsored by:



**REGISTER TODAY!** [www.friesenphysiofitness.com](http://www.friesenphysiofitness.com)

Please note: If registration is not received by August 5, 2011 lunch will not be included in the registration fee.

# 2011 FRIESEN PHYSIO FITNESS SUMMIT SCHEDULE

Saturday, August 13, 2011

|       |   |   |
|-------|---|---|
| 7:30  | Registration  |   |
| 8:00  | Opening Remarks   | - Peter Friesen                         |
| 8:05  | Current Thoughts on the Small Stabilizers of the Core   | -Nicholas Potter, DPT, ATC, LAT         |
| 8:40  | Why you can't have spinal stability without spinal mobility. The neuromuscular relationship between spinal joint motion, and spinal stability | - Michael Krasnov, DC, CCSP, CCEP       |
| 9:15  | How to Help People Change   | -Michelle Joshua, PhD                   |
| 9:50  | Break   |   |
| 10:05 | Systematic Assessment of Trunk Stability and Neuromuscular Control  | -Darin Padua, PhD, ATC                  |
| 10:40 | Core Programming from Horizontal to Vertical  | -Jeremy Boone, CSCS, NMT, USAW, MSA     |
| 11:15 | Roundtable Discussion   | -Moderated by William Isbell, MD        |
| 11:45 | Lunch   |   |
| 12:30 | Nutrition for Ideal Athletic Composition  | -Michelle Rockwell, MS, RD, CSSD        |
| 1:05  | Principles for Maximizing Improvement of Core Muscle  | -Chris Eschbach, PhD                    |
| 1:40  | Current Concepts of "Sports Hernia"   | -William Meyers, MD                     |
| 2:40  | Hip Dysfunction: Evaluation, Treatment, Prevention and Associated Problems with the Lumbar Spine  | -Joseph Barker, MD                      |
| 3:15  | The Core of Musculoskeletal Extremity Injuries  | -Doug Bennett, MA, ATC, PES             |
| 3:50  | How to Incorporate Pilates with Dissociated Movements to Enhance Core Stability   | -Elizabeth Evans, PMA, RYT              |
| 4:25  | Roundtable Discussion   | -Moderated by Jaime Holt, PT, MPT, CSCS |
| 4:55  | Questions & Answers   |   |
| 5:00  | Adjourn   |   |

## OBJECTIVES

At the conclusion of the activity participants should be able to:

- Know current trends, assessing techniques, and exercise for the core musculature
- apply these trends to the treatment of injuries and the enhancement of human performance
- to network with a variety of sports medicine professionals and see how their care of injuries can compliment their current treatment.

The 2011 Friesen Physio Summit will focus on the Athletic Core, and the Importance of Core Strength and Functional Core Training for Athletes. The following key concepts will be presented: current thoughts on the small stabilizers of the core, the evaluation of the core, how you get someone to mentally commit to long term change, systematic assessment of trunk stability, core programming, nutrition for ideal athletic composition, types of muscle contractions needed to train the core muscles, the evaluation and treatment of Sports Hernias, the evaluation and treatment of Hip Dysfunction, the Core of musculoskeletal extremity injuries, and how to incorporate Pilates with dissociated movements to enhance core stability.

## 2011 PHYSIO FITNESS SUMMIT FACULTY

- Peter Friesen  
Carolina Hurricanes
- Nicholas Potter, DPT,ATC,LAT  
Assistant Director of Athletic Rehabilitation at Duke University
- Michael Krasnov, DC,CCSP,CCEP  
Chiropractic Partners
- Michelle Joshua, PhD,CC-AASP  
Carolina Performance
- Darin Padua, PhD,ATC  
Department of Exercise & Sports Science at UNC-Chapel Hill
- Jeremy Boone, CSCS,NMT,USAW,MSA  
Athlete by Design Inc.
- William M. Isbell, MD  
Raleigh Orthopaedic Clinic
- Michelle Rockwell, MS,RD,CSSD  
Nutrition on the Move
- Chris Eschbach, PhD  
Exercise and Sport Science  
North Carolina Wesleyan College
- William Meyers, MD  
Core Performance Physicians
- Joseph Barker, MD  
Raleigh Orthopaedic Clinic
- Doug Bennett, MA,ATC,PES  
Assistant Athletic Trainer for the Carolina Hurricanes
- Elizabeth Evans, PMA,RYT  
Body & Soul Studios at the APC
- Jaime Holt, PT,MPT,CSCS  
Athletic Performance Center

**REGISTER TODAY! [www.friesenphysiofitness.com](http://www.friesenphysiofitness.com)**

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