

2011 BC STRENGTH, FITNESS AND CONDITIONING CONFERENCE

EFFECTIVE INJURY PREVENTION AND MANAGEMENT

SATURDAY, MAY 14, 2011

Featuring:

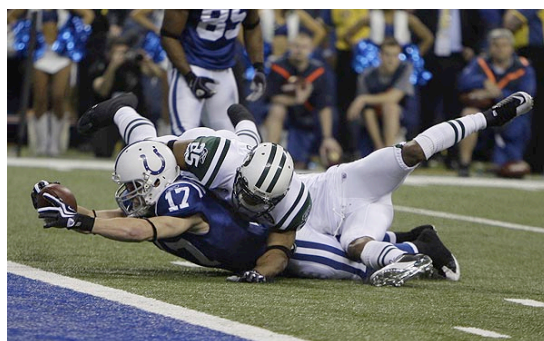
Joseph Horrigan, DC, DACBSP, CSCS

Benno Nigg, Dr.Sc.Nat., M Dr.H.C.Mult

Rob Panariello, MS, PT, ATC, CSCS

Sal Alosi, CSCS

Loren Chiu, PhD, CSCS



SIMON FRASER UNIVERSITY
BURNABY, BC, CANADA

Our Presenters: We are proud to offer you some of the highest quality speakers available, touching on various aspects of fitness, health and conditioning.

BENNO NIGG, Dr.Sc.Nat.,M Dr.H.C.Mult

Presentation Topic: *“Shoes and Orthotics – Aligning the Skeleton?”*

Born in Switzerland, Dr. Nigg studied Nuclear Physics at the ETH Zurich (Switzerland). In 1971, he started his activities in Biomechanics. In 1976, he became the Director of the Biomechanics Laboratory at the ETH Zurich. In 1981 Dr. Nigg accepted an invitation to move to the University of Calgary, where he founded, developed and was director of the Human Performance Laboratory, a multi-disciplinary Research Center concentrating on the study of the human body and its locomotion. Currently, this research center has close to 175 co-workers, working with micro- and macroscopic approaches on the understanding of movement and exercise. Dr. Nigg has received many awards and recognitions, including the Olympic Order, honorary degrees from the Universities of Salzburg and Innsbruck and an honorary professorship from the University of Shanghai. Dr. Nigg’s research concentrates on human locomotion with main emphasis on mobility and longevity and its application to movement related products such as orthoses, shoe insoles, sport shoes, surfaces and sport equipment. Dr. Nigg has co-operated with many major sport shoe and sport surface companies.



ROB PANARIELLO, MS, PT, ATC, CSCS

Presentation Topic: *“Knee Injury Rehab and Prevention”*

Rob is a licensed Physical Therapist, NATA Certified Athletic Trainer, and NSCA Certified Strength and Conditioning Specialist. He received his physical therapy and athletic training degrees from Ithaca College and his Masters of Science Degree in Exercise Physiology from Queens College.



In the field of sports physical therapy and athletic training Rob has 30 years of experience. He has rehabilitated athletes at all levels of competition. He has conducted research in these fields and has more than 60 sports medicine and strength and conditioning journal publications and book chapters. He has lectured nationally on the topic of the sports rehabilitation of athletes including the annual national meetings of the Sports Physical Therapy Section of the American Physical Therapy Association, the National Athletic Trainers Association, as well as presenting his research at the World Congress of Physical Therapy in Washington D.C. Rob also has 29 years of experience in the field of strength and conditioning. He has lectured nationally on this topic including the annual national meeting of the National Strength and Conditioning Association. He has studied the science of strength and conditioning at the national sports training institutes of Bulgaria, and was previously known as the USSR and East Germany. He has served as the head strength and conditioning coach for St. John's University (1986 - 1995),

He has served or presently serves as a sports physical therapy/strength and conditioning consultant to the many strength and conditioning coaches, medical staff, and athletic teams and Universities. This includes the NFL's Atlanta Falcon's, Denver Bronco's, Detroit Lions, New England Patriots, New York Giants, St. Louis Ram's, the NBA's Cleveland Cavaliers, Chicago Bulls, NJ Nets, the University of Delaware, University of Virginia, Kansas University, and Temple University. Rob was elected the USA Strength and Conditioning Coaches Hall of Fame in 2003.

JOSEPH HORRIGAN, DC, DACBSP, CSCS

Presentation Topic: *"Shoulder Injury Rehab and Prevention"*

Dr. Horrigan is the President of Horrigan Sports Chiropractic and Soft Tissue Center. He has served on the American Chiropractic Board of Sports Physicians for seven years, of which four years were as Vice-President, and served as the Chair of the Written Examination Committee for nine years. Dr. Horrigan was awarded the 2001 Sports Chiropractor of the Year. He has also served as the Head Speed-Strength and Conditioning for the Los Angeles Kings for three years. Dr. Horrigan served as the Team Chiropractor for the Long Beach Ice Dogs hockey team for several years and as their Director of Speed-Strength and Conditioning for seven years. Dr. Horrigan serves on the Medical Committee for USA Weightlifting. He served as the Chief Medical Officer for Team USA for the 1999 Junior World Championships and 2003 World Championships in Weightlifting. He also lectures for USA Track and Field in the Elite Hurdle Development Program.

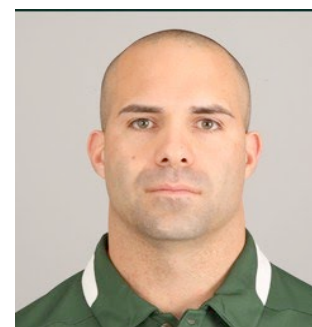


Dr. Horrigan teaches differential diagnosis to third-year students at the Southern California University of Health Sciences and serves on the Postgraduate Faculty at the Southern California University of Health Science/Los Angeles College of Chiropractic, Northwestern College of Chiropractic, and Palmer College of Chiropractic in the Sports Medicine Department. He has been published in several professional journals. He also wrote the IRONMAN Magazine Sports Medicine Column for ten years and has resumed this column in the March 2004 issue. He has intermittently written the Sports Medicine Column for INSIDE KUNG-FU and MS. FITNESS magazines. Dr. Horrigan co-authored two books, THE 7-MINUTE ROTATOR CUFF SOLUTION, and STRENGTH CONDITIONING, AND INJURY PREVENTION FOR HOCKEY. Dr. Horrigan also served as Medical Consultant for the films, "The Matrix", "Charlie's Angels II Full Throttle", "Spiderman II", and served as Athletic Performance Consultant on "Seabiscuit", "Skeleton Key", and "Things We Lost in the Fire".

SAL ALOSI, cscs

Presentation Topic: *"Injury Prevention Through Proper Program Design"*

Sal Alosi has spent the past 10 years as a strength & conditioning coach in the National Football League. His most recent stint was with the New York Jets where he was the teams Head Strength & Conditioning Coach from 2007-2010. During that four year period, the Jets were the least injured team in the League in both number of players placed on the Reserve-Injured list and by the number of games missed by starters. The program Sal developed has been heavily influenced by Charlie Francis and Louie Simmons to name a few. Sal holds a Bachelors of Science degree in Exercise Physiology from Hofstra University and numerous professional certifications through reputable organizations such as the National Strength & Conditioning Association, Functional Movement Systems, and United States of America Weightlifting.



LOREN CHIU, PhD, CSCS

Presentation Topic: *"Living in 3D - A New Perspective on Injuries in Sport"*

Loren is an Assistant Professor and Director of the Neuromusculoskeletal Mechanics Research Program at the University of Alberta. Loren's research integrates the fields of anatomy, physiology and biomechanics to study human performance. Current research investigates the generation of muscle strength and its role in multi-joint movement. Loren has also conducted extensive research in the areas of:



- Analysis and optimization of multi-segmental motor skills
- Acute responses and chronic adaptations to resistance training
- Transfer of training to motor skill performance

In addition to research, a major component of the NMRP is knowledge translation. This includes the training of high-performance athletes, performance assessment and evaluation, and injury consultations. The success of the program is due to the interaction of research and practice to drive scientific innovation.

EFFECTIVE INJURY MANAGEMENT AND PREVENTION



***SATURDAY, MAY 14, 2011
SIMON FRASER UNIVERSITY
BURNABY, BC, CANADA***

Conference Schedule:

Each presentation will be a 60-80 minutes in length, including time at the end of the presentation for questions and discussions.

| Time | Activity |
|--------------------|--|
| 8:15am to 8:45am | <i>Conference Registration – Package Pick-Up</i> |
| 8:45am to 9:00am | Introduction |
| 9:00am to 10:15am | Joseph Horrigan – Los Angeles, CA, USA – Horrigan Sports Chiropractic and Soft Tissue Center – <i>“Shoulder Injury Prevention and Management”</i> |
| 10:15am to 11:30am | Benno Nigg – Calgary, AB, Canada – University of Calgary - Human Performance Laboratory – <i>“Shoes and Orthotics – Aligning the Skeleton?”</i> |
| 11:30am to 12:30pm | Lunch Break – 60 minutes |
| 12:30pm to 1:45pm | Rob Panariello – New York, NY, USA – Professional Orthopedic and Sports Physical Therapy – <i>“Knee Injury Prevention and Management”</i> |
| 1:45pm to 3:00pm | Sal Alosi – New York, NY, USA <i>“Injury Prevention Through Proper Program Design”</i> |
| 3:00pm to 3:15pm | Refreshment Break – 15 minutes |
| 3:15pm to 4:30pm | Loren Chiu – Edmonton, AB, Canada – University of Alberta - Neuromusculoskeletal Mechanics Research Program – <i>“Living in 3D - A New Perspective on Injuries in Sport ”</i> |
| 4:30pm – 6:00pm | Presenter Panel Discussion – 90 minutes |

Location: SFU Burnaby Campus – West Mall Complex Room 3520

Registration Information:

Please contact us if you have any questions regarding the conference or the registration process. Please register early, as we have limited seating for this event.

Register On-Line Today at:

<http://www.sfu.ca/camps/springcamps/>

Course # 3266

Conference Fee: \$215.00 CAD

Regular Registration Due Date: April 22, 2011

Late Registration Fee: \$250.00 CAD (April 23, 2011 onwards)

For more information on the registration process or the conference itself, please contact SFU Head Strength & Conditioning Coach, Derek Hansen via e-mail at dhansen@sfu.ca or by phone at 778-782-4059.

NSCA and BCRPA continuing education credits will be available for this event.

Five easy ways to register:

1. Online at: www.sfu.ca/camps/springcamps (course code 3266)
2. By Phone: **778-782-4965** (VISA / MasterCard required for payment)
3. By Mail: Attn: SFU Recreation & Athletics
8888 University Drive
Burnaby, BC V5A 1S6
(VISA / MC / Cheque)
4. By Fax: **778-782-3425** (VISA / MC)
5. In person (8:30am - 4:00pm) at the General Recreation Counter at SFU Chancellor Gym

Please make cheques payable to: **Simon Fraser University**

**British Columbia Strength, Conditioning and
Fitness Conference**

**“Effective Injury Prevention and
Management”**

Saturday, May 14, 2011

Simon Fraser University

Form for registration via fax, mail or in-person:

Name: _____

Address: _____

Phone Number: _____

E-mail Address: _____

Payment Amount: _____ **Date:** _____

Credit Card Description (*i.e Visa, Mastercard, etc.*) _____

Credit Card Number: _____

Expiry Date: _____ **Signature:** _____

Please fax attention to **Dave Roesch** at 778-782-3425.

Register On-Line Today at:

<http://www.sfu.ca/camps/springcamps/>