**Presenters**

**Robert Panariello**  
MS PT, ATC, CSCS  
FOUNDING PARTNER AND CHIEF CLINICAL OFFICER  

is one of the Founding Partners of Professional Physical Therapy and the Professional Athletic Performance Center. Panariello has more than 30 years of experience in the related fields of Orthopedic and Sports Physical Therapy, Athletic Training, and the Performance Training of Athletes. Panariello’s experience includes the study of the Science of Strength and Conditioning of weightlifters and athletes in Bulgaria and Germany. He previously held the position of Head Strength and Conditioning Coach at St. John’s University of New York (1986-1995), The World League of American Football NY/NJ Knights (1991), and the WUSA NY POWER of the Professional Women’s Soccer League (2001-2002). He continues to rehabilitate, performance train, and serve as a consultant to Olympic, NFL, NBA, MLB, NHL, University and Collegiate athletes, teams, and coaches. He has more than 60 peer-reviewed Orthopedic and Sports Medicine Research, Sports Physical Therapy Research, and Strength and Conditioning Journal and Book Chapter Publications. Panariello also has presented his research at the World Congress of Physical Therapy in Washington, D.C. He is nationally renowned and lectures throughout the country about Sports Medicine Rehabilitation and the Athletic Performance Training of Athletes. He most recently received the Lynn Wallace Clinical Education and Professional Development Award. He also received the prestigious National Strength and Conditioning Association President’s Award in 1998 and was elected to the USA Strength and Conditioning Coaches Hall of Fame in 2003. Panariello also was appointed as a Panel Member of the National Basketball Strength and Conditioning Associations’ Scientific Advisory panel.

**Timothy Stump**  
MS PT, CSCS, USA-W  
PARTNER AND DIRECTOR OF CLINICAL AFFILIATION PROGRAM  

is a Partner with Professional Physical Therapy and a Founding Partner of the Professional Athletic Performance Center. Stump has more than 20 years of experience in the related fields of Orthopedic and Sports Physical Therapy, Strength & Conditioning, and Performance Training of Athletes of all levels of competition. Stump’s experience includes the successful participation as a nationally ranked competitive strength athlete in the sports of Powerlifting and Weightlifting from 1990-2010. He continues to actively participate in these sports as a coach and mentor to many athletes. Stump has published several peer-reviewed original research articles and has presented his research at the APTA National Conference and at CSM. He was awarded the Jacob & Valeria Langeloth Foundation research grant for studies on ACL functional outcomes while employed at the Hospital for Special Surgery. Stump was the 2012 recipient of Columbia University’s Award for “Leadership in Clinical Education.” Stump co-chairs Professional’s Clinical Affiliation Program with 64 participating schools — providing Physical Therapy, Physical Therapy Assistant, Certified Athletic Training, and Exercise Physiology students with quality clinical affiliation experiences.

**More Information**  
seminars@professionalpt.com | 516 321 2450

**Register Online**  
www.professionalpt.com/seminars

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**Rehabilitation and Performance Enhancement of the Athletic Knee**

**Featuring**  
**Robert Panariello**  
MS PT, ATC, CSCS  
FOUNDING PARTNER AND CHIEF CLINICAL OFFICER

**Timothy Stump**  
MS PT, CSCS, USA-W  
PARTNER AND DIRECTOR OF CLINICAL AFFILIATION PROGRAM

**May 9, 2015**  
**8:00 a.m. – 5:00 p.m.**

Professional Athletic Performance Center  
645 Stewart Avenue, Garden City, New York

Join us for this exciting course, including:

- state-of-the-art information in the treatment and performance enhancement of the athletic knee
- the most pertinent information regarding the rehabilitation of these pathologies
- videos of surgery and rehabilitation techniques
- hands-on laboratory sessions
- presentations and open discussions
- problem solving of patient case studies
- opportunities to master new, effective evaluation and treatment techniques
- CEUs (see inside for details)


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LEARNING OBJECTIVES AND OUTCOMES

Athletes at all levels of competition pursue and utilize the most advanced methods of training for the enhancement of their athletic performance. These advanced methods and principles also include specific exercises for utilization to enhance athletic performance. The rehabilitation of the injured athlete also includes the application of exercise to ensure a successful outcome. If the strongest, most powerful, and fastest athletes in the world utilize specific exercises and training techniques for their success, couldn’t we as healthcare professionals utilize these same exercises and techniques in the clinical setting for the advancement of the rehabilitation of the injured knee athlete? This seminar will provide the healthcare practitioner with a review of the essential physical qualities for optimal athletic performance as well as the methods of appropriate advanced exercise application for the development of these physical qualities during the rehabilitation of the athletic knee.

Learning Objectives
- Describe the running gait cycle
- Identify physical qualities of athletic performance
- Enhancing the initial and transitional phases of knee rehabilitation
- Principles of effective program design
- Identify discharge and return-to-sport criteria
- How to teach and incorporate performance drills and high-level exercises

Learning Outcomes
Upon successful completion of this seminar, the practitioner will learn how to:
- Design a more efficient knee rehabilitation program by incorporating performance enhancement training principles
- Identify the various physical qualities necessary for optimal athletic performance
- Teach patients the various components of the running gait cycle utilizing “preparation drills” that are typically unaddressed in the early stages of knee rehabilitation
- Have the ability to identify and describe all 3 phases of the running gait cycle
- Demonstrate the application of specific exercises currently utilized in performance training programs, and apply in the physical therapy clinic setting
- Identify discharge and return to sport criteria for the rehabilitated knee patient

CEU Information
New York Physical Therapists and Physical Therapist Assistants Professional Seminars is recognized as an approved provider of Physical Therapist and Physical Therapist Assistant continuing education by the New York State Education Department’s State Board for Physical Therapy. Full attendance at this seminar qualifies for 7.9 contact hours (6.5 credits in NJ).
Athletic Trainers Professional Seminars is recognized by the Board of Certification, Inc. to offer continuing education for the Board-Certified Athletic Trainers. This program has been approved for a maximum of 6.5 units of Category A continuing education.
Strength and Conditioning Specialists/Personal Trainers Professional Seminars is recognized by the National Strength and Conditioning Association to offer continuing education for the NSCA, CSCS®, and CPT®. This program has been approved for a maximum of 0.8 units of Category A continuing education.
Pending approval in New Jersey.

SCHEDULE

Saturday, May 9, 2015

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>7:30 – 8:00</td>
<td>Registration</td>
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<tr>
<td>8:00 – 8:10</td>
<td>Welcome and Introductions</td>
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<tr>
<td>8:10 – 9:00</td>
<td>The Running Gait Cycle</td>
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<td>9:00 – 9:50</td>
<td>The Physical Qualities of Athletic Performance</td>
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<tr>
<td>9:50 – 10:30</td>
<td>Principles of Program Design</td>
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<td>10:30 – 10:45</td>
<td>Break</td>
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<tr>
<td>10:45 – 11:30</td>
<td>Lab: Strength &amp; Power Exercise Progressions</td>
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<td>11:30 – 11:45</td>
<td>Q&amp;A</td>
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<td>11:45 – 1:00</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00 – 1:30</td>
<td>The Rehabilitation of the Knee (Initial Phase)</td>
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<tr>
<td>1:30 – 2:00</td>
<td>The Rehabilitation of the Knee (Transition/Performance Phases)</td>
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<tr>
<td>2:00 – 2:45</td>
<td>Lab: Elastic/Reactive Strength/Speed Exercise Progressions</td>
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<td>2:45 – 3:15</td>
<td>Discharge Criteria for the Rehabilitated Knee</td>
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<td>3:15 – 4:30</td>
<td>Lab: ACL Return to Play</td>
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<td>4:30 – 4:45</td>
<td>Q&amp;A</td>
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<td>4:45 – 5:00</td>
<td>Closing Remarks</td>
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Register early, space is limited!

All registration options below include handouts.

- $249 per person                     Standard Single Registration
- $225 per person                     Early Bird Registration (By Friday April 24, 2015)
- $199 per person                     Group Rate (For Groups of 3 or More Attendees)

Cancellation & Refund Policies
Cancellations received at least five (5) business days before the event are refundable, less a $50.00 administrative charge per registrant. There will be no refund for cancellations received later. Please note: If you register and do not attend, you are still responsible for full payment. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer
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