

2<sup>nd</sup> International Conference and Expo on

# Novel Physiotherapies

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## Born to run well

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Running is a wonderfully intricate and individualistic melding of foot, ankle, knee, hip, trunk, and upper body motion. This lecture is designed to teach attendees how to examine these intricate motions, and to communicate conclusions that can be drawn by telescoping up to a 5000-foot view of running research in its entirety. The discussion will include an exploration of the neuroscience associated with running as well as the physiological and psychological benefits of this popular activity. In-depth instruction for practical running gait analysis and the evaluation of runners will be provided, in addition to a myriad of treatment techniques. A special emphasis will be placed on the function, evaluation, and treatment of runners' glutes. These large muscles are paramount to safe and efficient running technique. Moreover, most clinicians currently neglect the evaluation and treatment of runners' gluteal endurance. Over 50% of the glutes' fibers are Type I endurance fibers; therefore, it would behoove clinicians to evaluate and treat this often overlooked characteristic of these important muscles in runners.

## Biography

B J Lehecka is an Assistant Professor at Wichita State University in Wichita, KS. He is the Director of Wichita Running, a clinic for runners and sports teams. His research is focused on gluteal endurance measures and their relationship to running-related injuries. He is a PhD Candidate in Orthopedic and Sports Science at Rocky Mountain University of Health Professions. In addition to university lecturing, he has been an invited speaker for 20 continuing education conference lectures. He has published multiple articles relevant to sports physical therapy.

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