



TREATING THE INJURED RUNNER

OCTOBER 25-26, 2025

PHOENIX, ARIZONA

MEET THE HOSTS



Dr. Chris Powers

Movement Performance Institute

Dr. Chris Powers, PT, PhD, FACSM, FAPTA, is a globally recognized expert in biomechanics and rehabilitation with over 30 years of experience in research, clinical practice, and education. A professor at the University of Southern California and co-director of its Biomechanics Research Lab, he is known for his work on lower extremity injuries, especially patellofemoral pain and ACL mechanics. He also founded the Movement Performance Institute in Los Angeles, where he helps patients and athletes improve movement and recovery through research-based strategies.



Dr. Irene Davis

University of South Florida

Dr. Irene Davis, PT, PhD, FACSM, FAPTA, FISB, is a leading expert in running biomechanics and injury prevention. She is a professor at the School of Physical Therapy & Rehabilitation Sciences, part of the Morsani College of Medicine, at the University of South Florida. Her work focuses on gait retraining, barefoot running, and the link between movement patterns and overuse injuries. She is widely published, internationally recognized, and a fellow of several top professional organizations in biomechanics and physical therapy.

COURSE OVERVIEW

This two-day course provides clinicians with a comprehensive framework for evaluating and treating running-related injuries. Through a combination of lectures and interactive lab sessions, participants will learn to identify common movement impairments, perform musculoskeletal assessments, and conduct both visual and technology-assisted gait analyses. The course emphasizes practical application, with hands-on training in cueing strategies, strengthening interventions, and gait retraining techniques. Taught by Dr. Chris Powers and Dr. Irene Davis, participants will gain complementary perspectives on assessment and treatment, leaving with the knowledge and skills to integrate evidence-based strategies into clinical practice.

COURSE OBJECTIVES

At the conclusion of this course, participants will be able to:

1. Describe common movement impairments associated with running-related injuries.
2. Perform musculoskeletal (MSK) assessments relevant to running injuries, including foot core evaluation.
3. Conduct visual and technology-assisted gait assessments.
4. Identify faulty gait patterns and link them to specific MSK deficits.
5. Apply cueing strategies to retrain running form and correct movement impairments.
6. Integrate complementary approaches to runner evaluation and treatment from two expert perspectives.

MEETING SCHEDULE

Saturday, October 25

1:00 – 1:15 pm | Course Introduction

- Welcome and overview of course goals
- Outline of weekend structure and learning objectives

1:15 – 2:45 pm | Evaluation Lecture (1.5 hrs)

- Chris Powers: Identifying common running-related movement impairments and their impact on injury
- Irene Davis: Musculoskeletal considerations, including foot core and other key regions relevant to injured runners

2:45 – 5:00 pm | Evaluation Laboratory (2.25 hrs)

- Chris Powers: Hands-on practice with visual gait assessment and cueing strategies for modifying running form

Break (15 min)

- Irene Davis: Musculoskeletal and foot core assessment techniques with direct application to clinical cases

Sunday, October 26

8:00 – 9:30 am | Treatment Philosophy Lecture (1.5 hrs)

- Chris Powers: Addressing musculoskeletal deficits and faulty gait mechanics in runners
- Irene Davis: Evidence-based strategies for gait retraining and long-term injury management

9:30 – 11:45 am | Treatment Laboratory (2.25 hrs)

- Chris Powers: Practical strengthening exercises and retraining protocols for injured runners

Break (15 min)

- Irene Davis: Gait retraining using video analysis and technology-assisted methods
- Breakout groups: Participants rotate between both instructors' treatment approaches for hands-on practice in small groups

11:45 am – 12:00 pm | Final Q&A (15 min)

- Open discussion and integration of key takeaways
- Guidance for applying strategies in your own clinical practice