

Mayo Clinic
Hands-On Rehabilitation and Performance Clinic
Additional Registration Fee Required

Saturday, November 16, 2024	
12:30 PM	Registration & Check-In – Dan Abraham Healthy Living Center, 3 rd Floor Turf
12:55 PM	Welcome and Introduction <i>A.J. Johnson, PT, DPT, SCS</i>
1:00 PM	Static and Dynamic Scapular Assessment <i>Eric Cressey, MS, CSCS and Ian Connors</i>
1:50 PM	A Roadmap for Plyometrics: Assessing, Monitoring, and Programming for Performance <i>Andrea Hayden, MS, RCSS</i> <i>Minnesota Lynx Sports Performance Coach</i>
2:40 PM	Questions and Discussion
2:50 PM	Refreshment Break
3:00 PM	Lower Body Plyometrics - What Goes Up, Must Come Down <i>Timothy Ostby, PT, DPT, SCS, CSCS</i>
4:00 PM	Strength and Advanced Skill Progressions for the Fitness Athlete <i>Vanessa Anderson, PT, DPT</i>
4:40 PM	Questions and Discussion
5:00 PM	Closing remarks