

International Weight-Training Injury Symposium

3rd
ANNUAL

November 16-18, 2001
Toronto, Ontario
Canada



The Symposium

This is the Third Annual International Weight-Training Injury Symposium presented by the Society of Weight-Training Injury Specialists (SWIS). The symposium is designed to provide advanced information and techniques for Chiropractors, Medical Doctors, Physiotherapists, Kinesiologists, Exercise Physiologists, Athletic Trainers and Therapists, Massage Therapists, Strength Coaches, Personal Trainers and Gym Members of all levels. The symposium will be presenting four sessions simultaneously, two demonstration/ hands on workshops (one on advanced training techniques and the other on treatment of weight-training injuries) and two theory session on training and treatment. The focus of this years symposium will be spinal injuries due to weight-training. Symposium registrants are welcome to attend a mix of topics unless it is a workshop and it will need advanced registration since the size of the class will be limited due to it being hands on. Most presentations will be videotaped and will be made available after the seminar in the event that you would like to see other presentations that are running at the same time as the one you are attending.

I hope to meet you at the symposium.

Dr. Ken Kinakin D.C.
Symposium Co-ordinator and
SWIS Founder

Symposium Hotel

Delta Meadowvale Hotel and Conference Center in Mississauga. The hotel is about 20 minutes from the Lester Pearson Toronto Airport. To get the special symposium room rate of \$99.00 Canadian per night (normal rate is \$250.00), please contact the hotel directly before October 6, 2001. Please phone the hotel at 905-821-1981 to book your reservations.

Address of the Hotel: 6570 Mississauga Road,
Mississauga, Ontario, L5N 2L3

Registration

Symposium delegates must use the pre-registration form supplied within this brochure or register online at www.swis.ca. Registrations must be faxed (905-812-8551) or post-marked by October 26, 2001 to be eligible for early registration fees. You can also call SWIS office at 1-877-220-7947 to register over the phone.

We accept Visa or you can send a cheque. Applications sent without a cheque will not be processed

Exhibitors

The symposium will also have a number of industry leaders in the fields of clinical nutrition, sports performance supplementation, rehabilitation equipment, presenter's future seminars and information, books and service organizations.

Name Badge Policy

All symposium delegates must display their name tags to verify registration and access to workshops. If you have lost your name tag, a new one will be issued at no charge at the registration desk. Name tags will be checked prior to entrance to any sessions.

Introductory/Advanced Presentation Designation

There will be a wide range of knowledge and experience with the attending delegates. To ensure that you can make a better presentation choice, so you are neither bored or overwhelmed, presentation designations introductory or advanced have been assigned. Introductory presentation means the information will start out basic and become advanced. Advanced presentations means you already have some background knowledge in the area and will start advanced. You are welcome to attend either one, but you will get the most out of the symposium if you stay within your experience level so you do not become overwhelmed.

Certificate of Attendance

All symposium delegates will receive a certificate of attendance.

Refund Policy

Refund requests must be received in writing and postmarked prior to October 26, 2001. A processing fee of \$25.00 will be charged for all refund requests.

Cancellation or Change of Speakers

We reserve the right to cancel or change speakers due to unforeseen circumstances

SWIS Symposium 2001

TIME

SPEAKER

Friday, Nov. 16

	Treatment Workshop	Training Presentation	Nutrition Presentation
3:45-5:15 pm	Dr. Dan Kirsch Electromedicine for Weight-Training Injuries	Dr. Ken Kinakin Injury Proofing	John Berardi Precision Nutrition- Post Workout Nutrition
5:30-7:00 pm	Dr. Mike Leahy Advanced ART for Weight-Training injuries	Dorian Yates Bodybuilding Techniques Of a Mr. Olympia	Dr. Eric Serrano Cutting Edge Supplements For Fat Loss
7:15-8:45 pm	Guy Voyer, M.D. Fascial Link between lumbar spine and weight-training	Paul Check Neurodevelopmental Approach To Spinal Pathologies	Mauro Di Pasquale A Review & Comparison of the High Fat-Carbohydrate-Protein Zone Diets
9:15-10:00 pm	Wine and cheese Social		

Sat. Nov. 17

8:30-8:45 am
8:45-10:00 am
10:00-10:30 am

Opening remarks- Dr. Ken Kinakin
Keynote- The Integrity of Weight-Training - Bill Pearl
Room Set Up & Visit the Exhibitors

10:30-12:00 pm

	Treatment Theory	Treatment Workshop	Training Theory	Training Workshop
10:30-12:00 pm	Dr. Mike Hartle Comparison of Weight-Training Back Exercises	Dr. Mike Leahy ART Introduction For Weight-Training Injuries	Dr. Digby Sale Neural Adaptations to Strength Training	Lorne Goldenberg Evaluation Tools for Personal Trainers

12:00-1:15 pm

Lunch & Visit The Exhibitors

1:15-2:45 pm

1:15-2:45 pm	Dr. Stuart McGill Scientific Basis of Low Back Rehabilitation Exercises	Dr. David Leaf Introductory Muscle Testing for Weight Training Injuries	Dr. Eric Serrano Cutting Edge Supplements For Muscle Hypertrophy	Libby Norris Core Board For Low Back Stability
--------------	---	---	--	--

3:00-4:30 pm

3:00-4:30 pm	John Foulkes/Ken Kinakin Bridging the Gap Between Doctor/Therapist and Personal Trainer	Dr. Mark Lindsay Lower Leg Dysfunctions Causing Low Back Pain	Dr. Duncan MacDougall Mechanisms of Muscle Hypertrophy	Dr. Istvan Balyi Optimal Training for the Developmental Athlete
--------------	---	---	--	---

4:45-6:15 pm

4:45-6:15 pm	Dr. Mauro Di Pasquale Use and Detection of Anabolic Steroids and Ergogenic Aids	Dr. Richard Amy Dr. George Gonzalez Laser Treatment for Weight-Training Injuries	Charlie Francis Speed/Power Program Design	Charles Staley The Science of Weight-Training For Martial Arts
--------------	---	---	--	--

Sun. Nov. 18

8:30-10:00 am

	Treatment Theory	Treatment Workshop	Training Theory	Training Workshop
8:30-10:00 am	Dr. Alexander Wood Dr. Ken Kinakin Assessments for Metabolic Dysfunctions	Dr. Dale Buchberger Chiropractic Technique For Weight-Training Spinal Injuries	Ian King Program Design For Reduced Incidence of Spine Injuries	Dr. Jacek Cholewicki Predisposing Factors to Weight-Training Injuries

10:15-11:45 am

10:15-11:45 am	Dr. Alex Elorriaga Dr. Mark Scappaticci Contemporary Medical Acupuncture	Dr. David Leaf Advanced Muscle Testing for Weight-Training Injuries	Paul Gagne/Michele Joubert Posturology in Prevention of Weight-Training Spinal Injuries	Bill Kazmaier Strength Training Techniques of the Worlds Strongest Man
----------------	---	---	---	--

12:00-12:45 pm

Putting It All Together-Live Case Presentation-VariouS SWIS Presenters

12:45-1:00 pm

Closing Remarks - Dr. Ken Kinakin
--

1 Electromedicine for Weight-Training Injuries **Daniel L. Kirsch, Ph.D., D.A.A.P.M., F.A.I.S.**

Friday – 3:45 – 5:15 pm

Dr. Kirsch has 29 years of experience in electromedicine specializing in pain and stress management. He is a board-certified Diplomate of the American Academy of Pain Management, a Fellow of the American Institute of Stress, and an Honorary Member of Inter-Pain (Germany). He has served as Clinical Director of The Sports Medicine Group in Santa Monica, California in association with Karlis Ullis, M.D. and of The Center for Pain and Stress-Related Disorders at Columbia-Presbyterian Medical Center in New York City. He is Chairman of Electromedical Products International, with offices in Mineral Wells, Texas, USA and Hong Kong, PRC. Many professional sports teams utilize electromedical technologies developed by Dr. Kirsch.

Traditional systems of healing, such as acupuncture, as well as contemporary theories of biophysics such as those of Robert O. Becker, M.D., and Björn Nordenström, M.D. provide a rational basis for electromedical intervention of athletic injuries. A practical two-minute pain management protocol developed by Dr. Kirsch using active probe treatments with microcurrent technology will be presented. When combined with a passive 20-minute cranial electrotherapy stimulation (CES) session, this protocol treats the peripheral and central nervous systems at both the spinal and brain levels. Significant results of $\geq 25\%$ improvement are achieved in 91% of patients (based on a physician survey of 500 patients and a 2,500 patient survey). Many double-blind studies also confirm the safety and efficacy of the procedures that will be taught. The results are long lasting and cumulative. Side effects are rare, mild, and self-limiting. Videotaped. Introductory.

2 Injury Proofing **Dr. Ken Kinakin D.C.**

Friday – 3:45 – 5:15 pm

Dr. Ken Kinakin is a chiropractor, certified strength and conditioning specialist and a certified personal trainer. He has also competed in bodybuilding and powerlifting for over 20 years. He regularly lectures across Canada and the United States to doctors and personal trainers on the areas of weight-training, rehabilitation and nutrition. He is also on the Canadian and International Powerlifting Medical Committee. He maintains a private practice in Mississauga, Ontario and is the founder and president of the Society of Weight-Training Injury Specialists – SWIS. Injury proofing is a concept based on the premise that if you can determine the dysfunction and/or capabilities of the muscle, joint and nerves before and during the workout, the incidence of injury will be reduced, while maintaining enough muscle stimulus to increase muscle mass and strength. Dr. Ken will be presenting on how you can determine which muscles are dysfunctional and show their capabilities in the lower back region through various muscle testing techniques. He will also demonstrate how you can determine if a muscle is too tight due to a fascial problem or neurological disorganization. You will also learn and participate in a workshop on how to determine how many reps and sets a muscle is capable of and when to finish working a particular muscle group. Various injury proofing recovery techniques such as supplements, electrotherapy, laser, and fascial work will be demonstrated that you can do inside and outside the gym. All these techniques will allow you to help your client or patient prevent a weight-training injury waiting to happen. Videotaped. Introductory.

3 Precision Nutrition – Using the Post Workout Period to Optimize Recovery and the Adaptation to Resistance Exercise - John Berardi, PhD Candidate

Friday – 3:45 – 5:15 pm

John is a PhD candidate in the area of Exercise and Nutritional Biochemistry at the University of Western Ontario, Canada conducting exercise and nutritional supplement research. John is highly regarded for his expertise in: hormonal regulation of muscle mass and body composition; the interactions between exercise, diet, and nutritional supplementation; methods of strength training and conditioning; testing and design of nutritional supplements and he also specializes in providing integrated training, nutritional, and supplementation programs for high-level strength and endurance athletes. In addition, he is a well-published author, contributing to textbooks and scientific journals as well as to several bodybuilding and fitness-related newsletters and publications including Testosterone Magazine and Virtual Muscle. As an athlete, John has been a successful power lifter, former NABBA Jr. Mr. USA bodybuilding champion. The presentation will review how resistance exercise provides a strong stimulus for skeletal muscle adaptation but in the absence of adequate nutritional support, full adaptation cannot be realized. While the daily energy status of the individual is undoubtedly the most important nutritional determinant of adaptation and recovery, an optimal post workout meal can lead to physiologically significant alterations in substrate availability, hormonal environment, and intracellular signaling. If consumed habitually, such a meal can lead to an improved recovery as well as an improved response to resistance exercise training in terms of increased skeletal muscle hypertrophy and force production. The presentation will also review the literature examining the interactions between resistance exercise and post-workout nutritional intake, present new and unpublished data from our laboratory, and discuss the implications of this data in terms of optimizing post-workout nutritional intake. A good working knowledge of physiology and biochemistry will be needed to fully understand the concepts of this presentation. Videotaped. Advanced.

4 Advanced ART for Weight-Training Spinal Injuries **Dr. Mike Leahy D.C.**

Friday – 5:30-7:00pm

Dr. Mike Leahy is a chiropractor in Colorado who provides services for many of the professional and national teams/athletes in North America. He has used his background in engineering to design the most effective soft tissue treatment protocols called Active Release Techniques (ART). As an avid athlete and an engineer he brings a unique understanding of sports therapy and "performance care" that should not be missed. Dr. Leahy will review new treatment protocols and concepts for weight-training spinal injuries that he has developed over the past year. This is an advanced presentation for those who have already taken the ART course and would like to learn the latest techniques and combinations for the various injuries that you may encounter in your practice. Videotaped. Advanced.

5 Bodybuilding Techniques of a Mr. Olympia

Dorian Yates – Mr. Olympia

Friday – 5:30-7:00pm

Dorian Yates is revered as not only the world's best bodybuilder but as the most inspirational bodybuilder by virtue of his thinking-man's approach to his sport. He is the author of the book, *A Warrior's Story*, and is renowned as a bodybuilding teacher, whose training philosophy was fully authenticated by him capturing six consecutive Mr. Olympia titles (1992-'97) during a period when physique standards have never been higher. Dorian will be presenting on which programs and exercises he found to be the most helpful to him in becoming Mr. Olympia. He will give you coaching tips that will help you break through any training plateaus you maybe experiencing and take your body to a whole new level. There will also be a question and answer period where you can get your problems solved by a Mr. Olympia. Not Videotaped. Introductory.

6 Cutting Edge Nutritional Supplementation Strategies for Fat Loss

Dr. Eric Serrano M.D.

Friday – 5:30-7:00pm

Dr. Serrano is regarded by both amateur and professional athletes as one of the top consultants in the country in the area of dietary strategies and nutritional supplementation. He is a medical doctor, professor at two universities, researcher, lecturer and author. Dr. Serrano will review all the supplements that are reported to decrease fat stores. He will show you which ones work, how much you should take and when to take them. Learn how "fat burners" really work and how they work. Videotaped. Advanced.

7 The Fascial Link Between the Lumbar Spine and Weight-Training Injuries: Theories and Application

Guy Voyer M.D., D.O. / Jane Stark B.SC., DIP.S.I.M., C.A.T (C)

Friday – 7:15 – 8:45 pm

Fascial expert Guy Voyer of France has been teaching and practicing physical Somatotherapy since he developed it 20 years ago. As well as being an Osteopath, Voyer holds a Doctorate in Medicine from the University of Marseilles (1979). Voyer is also qualified as a Massage Therapist, Physiotherapist and Physical Education instructor. He was world Judo Champion in 1983.

Athletic Therapist Jane Stark has studied extensively with Guy Voyer at the Collège d'Études Supérieures en Somatothérapie in Montreal. She has also completed the five-year academic program at the Canadian College of Osteopathy and holds a B.Sc. from the University of Guelph. Jane has attended international sports competitions on five continents. Jane founded Somatotherapy Interactive Seminars Inc., a company that offers distinctly high quality seminars taught by Guy Voyer in the areas of Somatotherapy and fascia. She has clinical practices in both Toronto and Guelph, Ontario. Guy Voyer will present a theoretical lecture on the interactivity between the fascia, lumbar spine injuries and weight training. The complex nature of the human body along with the distinct lack of therapeutic fascial knowledge helps to perpetuate the fascia's role in injury and recovery, as one of the greatest problems encountered by therapists. Voyer will present examples of the interactivity between the philosophy, histology, physiology, functional anatomy and liquid concepts of the fascia. This link is necessary to the understanding of the fascia's role in injury and recovery as well as the therapist's role in treatment and the patient's role in rehabilitation. Jane Stark C.A.T. (c) will lead the delegates in practical exercises aimed at demonstrating the fascial interactivity between the lumbar spine and the rest of the rest of the body using two examples of Somatotherapy exercises developed by Guy Voyer. First, an E.L.D.O.A., a French acronym for Longitudinal Stretching to De-coapt Spinal Segments, will be presented and practiced for the L4-L5 level. A Myofascial Stretch for the Psoas muscle will follow. In Somatotherapy the patient participates in his own recovery so the myofascial stretching is actually done exclusively by the patient under the guidance of the therapist. In Voyer's approach to myofascial stretching, not only is the muscle stretched but through tensioning of the continuity of the muscle's fascial chain, its fascial container is also stretched - the missing link to lasting results. The presentation will be translated from French to English by Robert Black. Videotaped. Introductory.

8 A Neurodevelopmental Approach to Prevention and Treatment of Common Spinal Pathologies

Paul Chek, MMS, NMT, HHP

Friday – 7:15 – 8:45 pm

An internationally respected speaker and consultant, Paul draws upon 16 years of experience in corrective and high performance exercise kinesiology. He is the author of over 50 videos, books, seminars and correspondence courses. He is the founder of the C.H.E.K. Institute in California. The presentation will be based on a system of movement analysis and instruction that Paul developed and has been teaching for several years. It is called the "Primal Pattern" system. It is a movement system based on developmental man and survival in a three dimensionally unstable environment under the influence of gravity. Paul will look at the need for a holistic approach to the treatment of both the hardware and the software of the body as related to injury prevention and performance enhancement. Videotaped. Introductory.

9 A Review of Macronutrient Metabolism and a Comparison of Diets Espousing Different Macronutrient Compositions including High Protein, High Fat, High Carbohydrate and Isocaloric (Zone & 33/33/33) Diets

Dr. Mauro Di Pasquale M.D.

Friday – 7:15 – 8:45 pm

Dr. Di Pasquale is one of the most influential voices on diet, performance nutrition and athletic training in the world. He is a licensed Medical Doctor and a World Powerlifting Champion. He has been a world authority on the testing and use of anabolic steroids and has written hundreds of articles and several books on that topic. He is currently doing innovative research and testing in finding safe nutritional alternatives to anabolic steroids and other performance enhancing drugs.

Dr. Di Pasquale will review the different diets that are currently being used and discuss at an advanced biochemical level how the body handles the various macronutrient mixes. This will be a presentation that will allow you to understand how the body breaks down, utilizes and interconverts fats, proteins and carbohydrates, and understand how the various diets work. With this information you'll be better able to advise your clients on the best diet for them and their needs. A good working knowledge of physiology and biochemistry will be needed to fully understand the concepts of this presentation. Videotaped. Advanced.

10 Keynote Presentation - The Integrity of Weight-Training **Bill Pearl – Mr. Universe**

Saturday – 8:45-10:00am

Bill Pearl is a five-time Mr. Universe, a former Mr. America and Mr. California. He is also the author of the best selling bodybuilding books, "Keys to the Inner Universe" and "Getting Stronger". He has personally coached more major contest winners than anyone else in history. Bill will be discussing all the values and character traits various champions possessed from the early 1900's to the current day. Learn what it takes emotionally and mentally to become a champion in a contest you enter or how to achieve your own goals. This presentation will inspire and enlighten you from one of the top weight-training champions of the century. Videotaped. Introductory.

11 Current Concepts in Weight-Training Exercises for the Back **Dr. Mike Hartle D.C., D.A.C.B.N., C.C.S.P., C.C.N., C.S.C.S.**

Saturday – 10:30-12:00pm

Dr. Hartle is a chiropractic physician and a nationally ranked competitive powerlifter. He has written many articles on training and rehabilitation and treats numerous athletes from the local level to the elite. He consults on injury prevention, nutrition and sports specific strength and conditioning to various teams and is also the webmaster for the USAPL's web site. Dr. Hartle will be reviewing back exercises that are being used in the gym today. The exercises that he will be discussing are the deadlift, Romanian deadlifts, good mornings, pulldowns, bent over rows, one arm rows, seated rowing, and back extensions. Learn their effectiveness for various muscles and also the risk of injury that may occur due to poor form or abnormal biomechanics. Videotaped. Introductory.

12 Introductory ART for Weight-Training Spinal Injuries **Dr. Mike Leahy D.C.**

Saturday – 10:30-12:00pm

Dr. Leahy will discuss the theory of how adhesions can be developed and the impact that they can have on the musculoskeletal system. He will review the different tissue textures and the importance of tension and movement when treating. You will also have hands-on experience learning how to treat the psoas muscle which is commonly found in low back injuries. This is an excellent presentation for anyone who has not experienced ART and would like to learn about it. Videotaped. Introductory.

13 Neural Adaptation to Strength Training **Dr. Digby G. Sale Ph.D.**

Saturday – 10:30-12:00pm

Dr. Sale is a Professor in the Kinesiology Department at McMaster University in Hamilton Ontario, where he has spent the past 25 years conducting research on neuromuscular adaptations to resistance exercise.

Dr. Sale will review how the nervous system activates muscle in resistance exercise, and then present current knowledge of how the nervous system adapts to strength and power training. Where possible, implications for the design of training programs will be discussed. Videotaped. Advanced.

14 Evaluation Tools for Personal Trainers **Lorne Goldenberg BPE, CSCS, PFLC**

Saturday – 10:30-12:00pm

Lorne graduated from University of Ottawa with an honors degree in Physical Education and is also a Certified Strength and Conditioning Specialist. He is the owner of Strength Tek Fitness Consulting which provides fitness services to major corporations and athletes in the Ottawa and Toronto area. He has also been a strength and conditioning coach to 5 NHL teams and own's Ottawa's first exclusive training facility for athletes, The Athletic Conditioning Center where he trains the likes of Gary Roberts, Adam Graves, Dimitry Yushkavitch and many other NHL clients. Lorne is also the author of "Strength Ball Training", a new book from Human Kinetics about training with stability and medicine balls for fitness and sports performance. This lecture will discuss how the personal trainer can use various evaluation tools and methods to assess client weaknesses and strength, how to recognize weakness and determine methods of correcting this in the body. A number of assessment techniques will be covered including: Body fat assessment, muscle testing, flexibility testing, agility, and dynamic power. Videotaped. Introductory.

15 Scientific Basis of Low Back Rehabilitation Exercises **Dr. Stuart McGill Ph.D.**

Saturday – 1:15-2:45 pm

Dr. McGill is a spinal biomechanist and Professor in the Department of Kinesiology at the University of Waterloo. He has been the author of over 200 scientific publications that address the issues of lumbar function, low back injury mechanisms and investigation of tissue loading during rehabilitation programs. He is the former President of the Canadian Society for Biomechanics, and is an elected member of the executive for the International Society for Biomechanics 1999-2001. He sits on the editorial boards of the journals, Clinical Biomechanics, and SPINE. He holds other academic appointments at the Department of Mechanical Engineering, University of Waterloo; the Institute of Medical Science, University of Toronto; and the Southern California University of Health Sciences.

Dr. McGill is going to present research on the various rehabilitation exercises used today. He will talk about how injuries occur, and thus how to avoid them, together with exercises that can be used to both prevent lifting injuries and help rehabilitate them when they do occur. Learn how to put together scientifically based rehabilitation programs to help recover from your weight-training injury. Not videotaped. Advanced.

16 Introductory Muscle Testing for Weight-Training Spinal Injuries

Dr. David Leaf D.C.

Saturday – 1:15-2:45 pm

Dr. Leaf is a chiropractor and has been in practice for 30 years. He has taught Applied Kinesiology for 25 years and is the president of the U.S. chapter of the International College of Applied Kinesiology. He has lectured in the United States, Canada, Europe, and Australia on the application of muscle testing for different disorders. He has treated Olympic athletes, world champions and professional players in the NFL, NBA, and NHL. He is also currently on the medical staff of A.C. Milan, of the Italian soccer league. He is one of the best integrated practitioners and muscle testers in the country, utilizing a highly innovative treatment combination consisting of structural and chemical protocols to fix complicated disorders. Dr. Leaf will discuss and workshop muscle testing protocols for those who have never done any manual muscle testing before. It will be a hands on workshop that will walk you through how to test the muscle with proper force and direction for various muscles in the spine. Videotaped. Introductory.

17 Cutting Edge Nutritional Supplementation Strategies for Muscle Hypertrophy

Dr. Eric Serrano M.D.

Saturday – 1:15-2:45 pm

Dr. Serrano is regarded by both amateur and professional athletes as one of the top consultants in the country in the area of dietary strategies and nutritional supplementation. He is a medical doctor, professor at two universities, researcher, lecturer and author. Dr. Serrano will review all the supplements that are reported to increase lean muscle mass. He will show you which supplements work, how much you should take and when to take them. This will be a very informative presentation for those interested in nutritional supplementation strategies for themselves and their clients. Videotaped. Advanced.

18 Core Board Training for Lower Back Stability

Libby Norris

Saturday – 1:15-2:45 pm

A graduate of Wilfrid Laurier University in Communication and Physical Education, Libby has combined these two areas in her current businesses – Inspired Energy Inc. and the Motivational Coach Seminars. Working with partner Blair Henry, this dynamic team works with major corporations in the design and management of corporate fitness programs and in the strategic development of corporate training programs in communications, perspective and executive leadership. Libby is a Reebok Master Trainer committed to education. She is part of the development team for the personal training certificate program for George Brown College and is currently part of the development team and faculty for the Humber College Fitness and Lifestyle Management and Education Program. A former amateur boxer and now certified coach, Libby created Canada's first boxing/fitness certification program.

In this session Libby will be introducing the Reebok Core Board. This is multi-axial training on a variably stable surface has the unique feature of torque and recoil properties. Presenting the research and background to its development, Libby will conduct a hands-on segment through which there will be an opportunity to use the Reebok core board and discuss different exercises for the low back and the application for use in rehabilitation, prehabilitation and various training protocols. This cutting edge training and technology creates exciting opportunities for the rehabilitation of weight-training injuries and the development of strength and flexibility. Not Videotaped. Introductory.

19 Bridging the Gap between the Personal Trainer and Doctor/Therapist

John Foulkes B.Sc., CPT / Dr. Ken Kinakin D.C.

Saturday – 3:00 – 4:30pm

John graduated from the University of Toronto with a Science Degree, majoring in Physical Education and Psychology. He is the president of Fully Integrated Training, a fitness industry consultation firm, which specializes in business development. John has been a coach for competitive bodybuilders and a Certified Personal Trainer for the past 16 years.

Dr. Ken Kinakin is a chiropractor, certified strength and conditioning specialist and a certified personal trainer. He has also competed in bodybuilding and powerlifting for over 20 years. He regularly lectures across Canada and the United States to doctors and personal trainers on the areas of weight-training, rehabilitation and nutrition. He is also on the Canadian and International Powerlifting Medical Committee. He maintains a private practice in Mississauga, Ontario and is the founder and president of the Society of Weight-Training Injury Specialists – SWIS. Ken will be presenting on how a doctor/therapist can refer to a personal trainer once the acute care and rehabilitation is finished in order to help strengthen their body and improve their fitness. John will be discussing on how to determine whether the client is fit to train and whether they need to see a doctor/therapist. Specific referral scripts and forms along with flow charts on how to refer properly will be part of the presentation package. This will be a complete package presentation to help you refer with minimal effort and with great compliance on Monday morning. Videotaped. Introductory.

20 Lower Leg Dysfunctions causing Weight-Training Spinal Injuries

Dr. Mark Lindsay B.Sc., D.C.

Saturday – 3:00 – 4:30 pm

Dr. Lindsay is a chiropractor who specializes in the diagnosis and treatment of soft tissue injuries. He has been a treating doctor at many summer and winter Olympics and is currently treating many professional and Olympic athletes. He is an instructor for Active Release Techniques and uses several rehabilitation techniques in his practice. Dr. Lindsay will be presenting on how the foot, ankle, knee and hip joints can cause low back pain and injury when weight-training. He will also discuss the various lower leg muscles that commonly become dysfunctional due to weight-training and which treatment is the most effective in restoring normal function. After this session, you will be able to better assess the lower leg and to check if it is a contributing factor in your difficult low back weight-training injury patients. Videotaped. Advanced.

21 Mechanisms for Muscle Hypertrophy
Dr. Duncan MacDougall, Ph.D.**Saturday – 3:00 – 4:30 pm**

Dr. MacDougall is a Professor Emeritus in the Departments of Kinesiology and Medicine at McMaster University. He will review the structural changes that occur in skeletal muscle in response to heavy resistance training and discuss the potential mechanisms that stimulate protein synthesis and muscle hypertrophy. Sub-topics that will be covered include; the time course for muscle protein synthesis, muscle damage and repair, hypertrophy vs. hyperplasia and the role of the satellite cell in the hypertrophy process. Videotaped. Advanced

22 Keys to Success – Long-Term Athlete Development
Dr. Istvan Balyi Ph.D.**Saturday – 3:00 – 4:30 pm**

Dr. Istvan Balyi is one of the world's leading experts on planning, periodization and on short and long-term training and performance programming. He has worked as a high performance consultant with several Canadian National teams, including athletics (middle and long distance), alpine skiing, freestyle skiing, softball (women), soccer (men) water polo (men and women), triathlon, and water skiing. At present he is a High Performance Consultant with the National Training Centres in Vancouver and Victoria servicing the national Basketball, Cycling, Triathlon, Whitewater Kayak, and Wrestling Teams. He is also an internationally recognized coaching educator. His involvement is well documented in Australia, Chile, China, England, Hong Kong, New Zealand, Northern Ireland, Scotland, Wales and of course, in Canada and the United States. Istvan has designed, implemented and monitored High Performance Programs for Gold, Silver, and Bronze medalists at various Olympic Games and World Championships.

The presentation will reflect upon the North American "Peaking by Friday" coaching practice and will identify the various stages of optimal long-term athlete development. Trainability will be analyzed and described during the FUNDamental, Train to Train, Train to Compete and Train to Win stages. The "critical" or "sensitive" periods of accelerated adaptation to training will be outlined from the perspective of periodization. Chronological age, biological age and Peak Height Velocity will be utilized to outline the design of periodized short- and long-term training, competition and recovery programmes for the developmental athlete. In addition some of the new aspects of preparing elite athletes for major competition(s) will be also outlined. Videotaped. Introductory.

23 Use and Detection of Anabolic Steroids and other Ergogenic Aids in Amateur and Professional Sports-Dr. Mauro Di Pasquale M.D.**Saturday – 4:45-6:15pm**

Dr. Di Pasquale will review all of the common and also the latest drugs being used in amateur and professional sports. He will discuss the effects and side effects of using such drugs: specifically their impact on the various anabolic and energy pathways, and on the normal physiological feedback mechanisms. He will also cover drug testing: the good, bad and the ugly. A good working knowledge of biochemistry will be needed to fully understand the concepts of this presentation. Videotaped. Advanced.

24 Cold-Laser Treatment for Weight Training Injuries
Dr. George Gonzalez D.C. / Dr. Richard Amy D.C.**Saturday – 4:45-6:15pm**

Dr. Gonzalez is an international speaker and authority on the use of cold-laser to improve physiology, neurology and increasing human performance. He is a licensed Doctor of Chiropractic based in Los Angeles, California. He has treated power coaches and professional athletes, as well as trained the doctors of many professional teams on the use of laser. Dr. Gonzalez has authored a book and several articles on the application of cold-laser. He has developed a process called G-POI (Gonzalez Point of Interruption), that will revolutionize therapy and training for professional athletes.

Dr. Richard Amy is a Chiropractor and a board certified chiropractic neurologist. He is an international speaker and authority on cold-laser as it applies to the neurological system. They will introduce and demonstrate the newest applications of cold-laser in sports medicine. The laser stimulates the body on a cellular level, this allows us to get phenomenal results. You will learn how the laser can increase healing time by 30 - 50%, reset neurological function and proprioception, increase range of motion, and decrease pain and inflammation. All these results can be achieved in seconds to minutes using cold laser. This is a must see to believe workshop! Videotaped. Introductory.

25 Speed and Power Program Design
Charlie Francis**Saturday – 4:45-6:15pm**

Charlie is a five times Canadian sprint champion and also served as the national sprint coach for nine years. He has developed athletes who won nine Olympic medals, and who set 23 world records and more than 250 records. Four of his stars were ranked among the top ten in the world in their respective events. Currently Charlie works for professional teams and private individuals. Charlie's presentation will review how he puts together weight-training programs for speed and power development. Learn how he manipulates the training intensity and specific exercises to get the maximum amount of speed and power. Not Videotaped. Advanced.

26 The Science of Weight-Training for Martial Arts **Charles Staley, MSS**

Saturday – 4:45-6:15pm

Charles began his exploration of strength and athletic performance as a martial arts instructor and competitor in New York state during the 1980's. Since 1992, Charles has developed policies and course content for the International Sports Sciences Association, and currently teaches several certification seminars per year for the ISSA. Charles has written over 200 published articles for such magazines as Muscle Media 2000, Inside Kung Fu, Muscle & Fitness, Martial Arts Training, Ms. Fitness, and several others. He is also author of "The Science of Martial Art Training", a training textbook for combat sport athletes and coaches. Charles will share his approach to physical preparation that he employs with martial arts and combat sport athletes. Learn how you can improve your strength, power, speed and recovery by using Charles unique approach to training. Videotaped. Introductory.

27 Darkfield Microscopy Assessment for Metabolic Dysfunction **Dr. Alexander Wood D.C., N.D. / Dr. Ken Kinakin D.C.**

Sunday - 8:30-10:00 am

Dr. Wood has been a clinician for 23 years and a well respected international presenter in biological terrain and metabolic assessments for various conditions. He has an expertise in Darkfield Microscopy and Biological Terrain Assessment According to Vincent – BEV – and is able to determine the metabolic state and health of your body using German technology. Dr. Ken Kinakin is a chiropractor, certified strength and conditioning specialist and a certified personal trainer. Dr. Kinakin utilizes Darkfield Microscopy with his clients to assess their metabolic state and health. He maintains a private practice in Mississauga, Ontario and is the founder and president of the Society of Weight-Training Injury Specialists – SWIS.

The presentation will review how your body shifts into different metabolic states dependent upon the foods you eat and the percentages of protein, carbohydrates and fats you take in. There will be a discussion of how the body shifts from a healthy state into an unhealthy state even though you may be getting fitter. A live demonstration of the Darkfield Microscopy analysis will show an individual's live blood projected, from the microscope that has a digital camera attached to it, onto the screen and we will point out any metabolic dysfunctions that maybe apparent. This is a very powerful assessment tool to know and learn about how your training and eating program is affecting your body. You maybe on a good eating and training program, but it may not be good for you. Find out one of the objective ways that you can determine the best eating and training programs for yourself and your clients. Videotaped. Introductory.

28 Chiropractic Techniques for Weight-Training Spinal Injuries **Dr. Dale Buchberger D.C., DACBSP**

Sunday - 8:30-10:00 am

Dr. Buchberger is an associate professor at the department of technique, diagnosis, research and clinic at the New York Chiropractic College. He is a Diplomate of the American Chiropractic Board of Sports Physicians and a Credentialed instructor for Active Release Techniques. He has written numerous publications and lectures on various disorders and rehabilitation internationally. He is currently the official team chiropractor for the Toronto Blue Jays Class A affiliate Auburn Double Days and the Canadian Aerial Ski Team.

Dr. Buchberger will be discussing the joint dysfunctions that can occur with weight-training exercises. He will then demonstrate various chiropractic adjustments that can restore normal joint function, proprioception, and muscle function. You will learn new and modified chiropractic adjusting techniques that you can use immediately with your patients. Closed session for doctors/therapists only. Videotaped. Advanced.

29 Program design for reduced incidence and severity of spine injures **Ian King BHMS (Ed), C.S.C.S.**

Sunday - 8:30-10:00 am

Ian King is an athletic preparation consultant based in Australia. Through his company, King Sports International, his focus has been to specialize in physical preparation of the elite athlete and coach education. Since 1985 he has serviced professional and Olympic athletes in over 10 different countries in over 20 different sports. Over the last few years he has devoted more time to sharing his training theories and methods through various avenues of athlete and coach education. When coaches and training consultants think of the spine they may often perceive it in isolation. In reality, the spine is involved in many upper and lower body extremity exercises. These can impact on the spine, and in reverse, the status of the spine can impact upon the performance of the extremity movements. This presentation will present a coaching/strength training programming perspective on how to prevent performance decrement and injury potential by consideration of the impact on the spine in program design. The information will be practical in nature, and drawn from practical experience and empirical observations. If you come to this session, expect to participate in some low level practical activity! Not Videotaped. Introductory.

30 Predisposing Factors in Low Back Weight-Training Injuries
Dr. Jacek Cholewicki Ph.D.**Sunday - 8:30-10:00 am**

Dr. Cholewicki is the Associate Professor of the Biomechanics Research Laboratory at the Department of Orthopaedics & Rehabilitation of Yale University School of Medicine. Dr. Cholewicki will review his latest study of how 90% of injuries are sustained during self-initiated activities such as running, jumping, and weightlifting (39% weights). This evidence points to motor control errors as the etiology of low back injury. Athletes who returned to their sports activity after a clinical recovery from low back injury, had impaired motor control of the lumbar spine, which includes delayed muscle response latencies to sudden trunk loading and poor postural control. This presentation will review and demonstrate active lumbar stabilization research and training to restore normal motor control for weight-training. Videotaped. Advanced.

31 Contemporary Medical Acupuncture: A New Tool for Low Back Weight-Training Injuries
Dr. Alejandro Elorriaga M.D. / Dr. Mark Scappaticci D.C., F.C.C.S.S.(C)**Sunday - 10:15-11:45am**

Dr. Elorriaga is the director of the McMaster University Contemporary Medical Acupuncture for Sports Injuries Program. Dr. Elorriaga is a Sports Medicine Specialist from Spain with 16 years of experience in the diagnosis and treatment of sports injuries in athletes of all levels. He has worked at many world championships and has been a consultant to many world champions for treatment and performance enhancement. Since 1995 Dr. Elorriaga has developed a unique style of contemporary medical acupuncture based on functional neuroanatomy and neurophysiology, combined with a modern interpretation of traditional energetic models, thus redefining what can be accomplished with acupuncture for the treatment of musculoskeletal problems.

Dr. Scappaticci is a chiropractor with a Fellowship in Chiropractic Sports Sciences, certified in acupuncture and an instructor for Active Release Techniques. He is currently working with numerous world class athletes, Olympic medalists, NHL and NFL players in a performance enhancement capacity utilizing the Functional Integrated Therapy[®] approach to managing their injuries.

The presentation will start by highlighting some of the practical diagnostic problems of the lower back of the weight-training athlete. There will also be a discussion and demonstration of how different therapeutic goals for the low back can be accomplished through the use of specific needling points and electrostimulation strategies. The presentation will finish with concepts about the Functional Integrated Therapy[®] approach with suggestions of how to better combine Medical Acupuncture treatments with other treatment systems to accelerate the recovery of the injured weight-trainer. Videotaped. Introductory.

32 Advanced Muscle Testing for Weight-Training Spinal Injuries
Dr. David Leaf D.C.**Sunday - 10:15-11:45am**

Dr. Leaf will discuss and workshop muscle testing and treatment protocols for those who are already using muscle testing in their practice. In this hands on workshop, you will learn new techniques and protocols for various weight-training injuries that occur in the spine. Videotaped. Advanced.

33 Posturology for the Prevention of Back Pain Due to Weight-Training
Paul Gagne / Dr. Michel Joubert BSc., DPM**Sunday - 10:15-11:45am**

Paul is an exercise kinesiologist, posturologist and strength and conditioning consultant. His expertise lies in training protocols for postural, rehabilitation and muscular balance. He has developed a unique postural and functional evaluation system that is quite unique in North America. Paul consults with many professional players in the NHL and NFL. Michel is a podiatrist who has owned and operated a very successful podiatric clinic in Trois Riviere since 1980. He is a professor of biomechanics for the Quebec Order of Podiatrists and an expert in postural reprogramming. Michel consults with many professional athletes all over the world.

This presentation will introduce a new type of assessment and treatment called posturology. The aim of posturology is to provide a treatment no longer based on the symptoms (pains) but on the causes by reprogramming the out-of-tune sensors, abnormal information signals it receives from peripheral sensors: feet, eyes, jaw, skin. The latest neurological research has shown that the control of the body's spatial equilibrium does not depend exclusively on the internal ear, as was believed for a long time, but also on other sensors of the system, of which the eye and feet are the most important. In this presentation you will learn how to analyze the postural system, identify those elements that are out-of-tune, and correct and reprogram the system as a whole. This is especially important in any weight-training injury since neurological programming will help heal any injury and prevent it happening in the first place, especially when squatting where balance on the feet is paramount. An excellent evaluation and treatment tool to use for any chronic weight-training injury where nothing else has worked. Videotaped. Advanced

34 Strength Training Techniques of the World's Strongest Man

Bill Kazmaier

Sunday - 10:15-11:45am

Bill has competed in the World's Strongest Man Contests and from 1980 until 1982, he won the competitions handsomely. He was the first man to win the WSM title three times in a row. He worked as the Strength and Conditioning coach at the University of Auburn and was inducted into the York Barbell Hall of Fame in June of 2000.

His best competition lifts are: Squat: 925 pounds-WR(world record) Bench Press: 661 pounds-WR Deadlift: 887 pounds-WR, Total in Competition: 2425 pounds-WR WR-Dumbbell Press-100 lbs.X40 reps,WR-Seated Barbell Press: 448X3 WR-Barbell Curl-400 lbs.,World Powerlifting Champion-Superheavyweight

Bill will be presenting on how to increase your strength in various lifts by using specific techniques and program design. He will also discuss his approach to preventing injuries while using incredible weights. Learn from the strongest man in the world in this rare, once in a lifetime presentation. Not Videotaped. Introductory.

35 Putting It All Together - Live Case Presentation

Various presenters have been asked to show you what they do in real time with a weight-training athlete that has been injured. Thirteen presenters will each be given five minutes to either diagnose, treat, rehabilitate, program design or nutritional programs. The presenters will be:

- Dr. David Leaf – Muscle Testing
- Dr. Mark Lindsay – Active Release
- Dr. Dale Buchberger – Chiropractic Adjustments
- Dr. Alex Elorriaga/Dr. Mark Scappaticci – Acupuncture
- Dr. George Gonzalez/Dr. Richard Amy – Laser Treatment
- Dr. Mauro Di Pasquale – Dietary Program
- Dr. Eric Serrano – Supplementation
- Libby Norris – Core Board Rehabilitation
- Lorne Goldenberg – Swiss Ball Rehabilitation
- Paul Gagne – Postural Assessment
- Ian King – Weight-Training Program Design

Sunday - 12:00-12:45pm

Dr. Ken Kinakin will be the presentation facilitator. Watch how the "Dream Team" of doctors, therapists and trainers all work together to create a treatment/rehabilitation/training/nutrition program right in front of you. You will learn how to put all the information that you learnt over the weekend in a clear and concise way. Videotaped.

Society of Weight-Training Injury Specialists Membership

If you are an active member you will receive the following benefits:

Newsletter Updates

Every 3 months (quarterly) you will receive a newsletter of innovative and advanced weight-training and treatment techniques and protocols. The advanced techniques newsletter and updated research will fit into the structure of the "Encyclopedia of Weight-Training Injuries". This will make the encyclopedia a "virtual book" as it will be continually modified and improved as new techniques, models and treatments are discovered.

Seminars and Books

A discount will be applied to active members to future seminars and a 10% discount to books and videotapes produced by SWIS.

SWIS Research Foundation

Five percent of the application fee will be put into the SWIS Research Foundation that will dedicate itself to the research of weight-training injuries. Any member that is doing any research on weight-training injuries and needs financial assistance for research design or publication can apply for assistance.

SWIS Web Site-www.swis.ca

If you are a member, you will be given your own passcode to log on and access continually updated material on techniques, treatments, and research. You will also be able to get a directory of physicians, therapists and trainers that are members for referrals for your clients.

Certificate Of Membership

All members will receive a certificate of membership that will allow your clients to know that you have extensive knowledge in the area of weight-training injuries.

One Year SWIS Membership Fee: \$99.00

