



# RUNNING WORKSHOP

Featuring Cheetah Knee & Flex-Run

## OBJECTIVES

Bring a patient and roll up your sleeves for this participatory workshop, where you will learn the basics of aligning a sports prosthesis and the appropriate running technique:

- Morning class size is limited to 10 athletes and registration is on a first-come, first-served basis
- One athlete per CP required
- Bring a test socket and be ready to fit a Flex-Run/Flex-Run Junior, or Cheetah Knee with Flex-Run. (Guidelines for the correct socket set-up will be provided at time of registration)
- AM session will include running prosthesis setup and principles of running prosthetics
- PM session will be athlete focused and include video analysis, drills, and fun competition
- Additional Athletes with existing running prostheses are welcome to register for the PM session

## Instructor

Francois Van Der Watt, CPO, LPO  
USATF Level 1 Coach  
US Paralympic Track & Field Team Prosthetist

## AGENDA

8:00 - 9:00	Preparation - Bench & Static Alignment
9:00 - 9:15	Welcome and Introduction
9:15 - 10:15	Technical Product Overview
10:15 - 10:30	Break
10:30 - 11:00	Running Gait Biomechanics
11:00 - 12:00	Cheetah Knee, Flex-Run/Flex-Run Junior and Socket Setup
12:00 - 1:00	Lunch
1:00 - 2:00	Video Running Analysis
2:00 - 3:00	Running and Agility Drills
3:00 - 3:30	Battle with the Blades
3:30	Adjourn

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**WHEN** August 24th, 2017  
8:00am - 3:30pm

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**WHERE** Fortius Sport & Health  
Lodge Meeting Room  
3713 Kensington Avenue  
Burnaby, BC V5B 3B8

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**RSVP** To Register, please visit:  
[OssurRunningWorkshop\\_Aug24.eventbrite.com](http://OssurRunningWorkshop_Aug24.eventbrite.com)

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