

# Screening, Testing and Performance Enhancement in the Terminal

Many clinicians in general outpatient orthopedic and sports rehabilitation facilities struggle with late-stage progressions as well as testing to determine physical readiness for not only return to play but also for return to performance. The average clinician is limited by space and equipment limitations that make testing and performance training a challenge. Complicating matters further are athletes that have limited visits due to financial or insurance limitations. Day one of this two-day course is focused on the screening and testing of the athlete recovering from upper or lower extremity pathology with evidence-based, clinically useful measures to determine physical readiness for not only return to play, but also return to performance and transitioning back to strength and conditioning activities. An in-depth analysis of the physical qualities of performance as well as how to best train these qualities will be discussed as well as program design considerations for the athlete. On day two, the emphasis will shift to ACL rehabilitation. The data on ACL return to sport is clear – re-tear rates are high, they return with poor strength, and the percentage of athletes who return to sport are less than ideal. Day two will highlight best practices from beginning to end of the ACL rehabilitation continuum.

**Date: March 13 & 14, 2020**

**Time: 7:30 a.m. - 5:30 p.m. Friday and 7:00 a.m.—4:00 p.m. Saturday**

**Location: Grand Valley State University's DeVos Center,  
401 Fulton St West, Grand Rapids, Room 119E**

**Presented By: Daniel Lorenz, DPT, PT, ATC, LAT, CSCS**

**Cost: \$300/GVSU PT alumni and DPT clinical instructors;  
\$350/all others**



Dan Lorenz, DPT, PT, ATC, LAT, CSCS is the Director of Sports Medicine at Lawrence Memorial Hospital/OrthoKS in Lawrence, KS. Previously, he was an owner and Director of Physical Therapy for Specialists in Sports and Orthopedic Rehabilitation (SSOR), an outpatient physical therapy practice based in Overland Park, KS with three locations. He has a B.S. in Health Sciences with an emphasis in Athletic Training from Grand Valley State University in 1999 and a M.S in Physical Therapy from Grand Valley State in 2001. In 1997, he was an athletic training intern for the Chicago White Sox Major League Baseball team. From 2004 -2005, he completed the Duke University Sports Physical Therapy Fellowship.

Formerly, he was an assistant athletic trainer and physical therapist for the Kansas City Chiefs from 2005-2007. In 2009, he earned his Doctor of Physical Therapy from the University of St. Augustine in St. Augustine, FL. He has served as a rehabilitation consultant for numerous local sports teams including Sporting Kansas City, Kansas City Chiefs, and the Kansas City Mavericks, and also many local colleges including Mid-America Nazarene University and University of Missouri-Kansas City, as well as a number of professional sports teams. Formerly, he was the Chair of the Sports Performance Enhancement Special Interest Group for the American Academy of Sports Physical Therapy.

Grand Valley State University Department of Physical Therapy, an accredited physical therapist education program, is authorized by Administrative Rule 338.7031 to award professional development required hours in Michigan.