

# ***SPORTS PT*** **KICKSTARTER**

"8-WEEK ONLINE  
MENTORSHIP PROGRAM FOR  
SPORTS PHYSICAL THERAPISTS"

JANUARY 11 - MARCH 8, 2023

ACCELERATE YOUR CAREER IN SPORTS PHYSICAL THERAPY...ALL  
FROM THE COMFORT OF YOUR HOME

Dr. Chris Garcia, PT, DPT, SCS, CSCS, USAW

# AGENDA

## WEEKS 1-4

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WEDNESDAYS, 5:00PM - 7:00PM (PST)

### WEEK 1

01/11/23

#### **Foundations of acute injury management**

The framework and outline to manage acute athletic injuries (that PT school never taught you)

### WEEK 2

01/18/23

#### **Principles of acute injury management**

The blueprint to manage acute injuries on and off the field...and what to expect in the clinic

### WEEK 3

01/25/23

#### **Foundations of rehabilitation and return to sports**

Successful and proven strategies to evaluate and treat the most common injuries on the field, in the clinic, and in the weight room

### WEEK 4

02/01/23

#### **Principles of rehabilitation and return to sports**

Crucial decisions to confidently return athletes back to sports based on healing timelines (and avoid "imposter syndrome")

# AGENDA

## WEEKS 5-8

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WEDNESDAYS, 5:00PM - 7:00PM (PST)

### WEEK 5

02/08/23

#### **Foundations of strength and conditioning**

How to design a strength & conditioning program for any athlete...with ease

### NO CLASS

02/15/23

#### **Implementation week**

### WEEK 6

02/22/23

#### **Principles of sports performance enhancement**

The step-by-step approach to transition athletes out of rehab & into performance (even if they aren't pain free)

### WEEK 7

03/01/23

#### **Injury prevention screening**

Strategies to successfully implement injury prevention screens with athletes (and what to do with the data)

### WEEK 8

03/08/23

#### **Professional roles and responsibilities**

Opportunities & roles as a sports PT...working with elite athletes, professional sports, & beyond

# WEEK 1

01/11/23

The framework and outline to manage acute athletic injuries  
(that PT school never taught you)

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## TOP 3 TAKEAWAYS

From This Session:

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# WEEK 2

01/18/23

The blueprint to manage acute injuries on and off the field...and  
what to expect in the clinic

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## TOP 3 TAKEAWAYS

From This Session:

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# **SPORTS PT "ACCELERATOR"**

**MARCH 18 - 19, 2023**

**THE ROADMAP FOR MANAGING ACUTE ATHLETIC INJURIES...  
(EVEN IF YOU'RE NOT AN ATHLETIC TRAINER)**

[illegible]

## From This Session:

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# WEEK 4

02/01/23

Crucial decisions to confidently return athletes back to sports based on healing timelines (and avoid "imposter syndrome")

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## TOP 3 TAKEAWAYS

From This Session:

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# **STRENGTH & CONDITIONING "SUMMIT"**

**JUNE 17 - 18, 2023**

**SEPTEMBER 30 - OCTOBER 1, 2023**

**THE BLUEPRINT TO GO BEYOND TRADITIONAL CARE & INTO ATHLETIC  
PERFORMANCE (...EVEN IF YOU'RE NOT A STRENGTH COACH)**

# WEEK 5

02/08/23

How to design a strength & conditioning program for any athlete...with ease

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## TOP 3 TAKEAWAYS

From This Session:

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# WEEK 6

02/22/23

The step-by-step approach to transition athletes out of rehab & into performance (even if they aren't pain free)

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## TOP 3 TAKEAWAYS

From This Session:

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A man with a beard, wearing a red long-sleeved shirt and grey shorts, is performing a squat. He is holding a barbell with a large red weight plate on top. The weight plate has "HYTECH PLATE" and "2.5 KG" written on it. The background is a grey corrugated metal wall.

# MANAGEMENT OF THE BARBELL ATHLETE

OCTOBER 21 - 22, 2023

MASTER THE MECHANICS TO KEEP CROSSFITTERS & WEIGHTLIFTERS  
IN THE GYM (EVEN IF YOU'VE NEVER TOUCHED A BARBELL)

# WEEK 7

03/01/23

Strategies to successfully implement injury prevention screens  
with athletes (and what to do with the data)

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## TOP 3 TAKEAWAYS

From This Session:

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# WEEK 8

03/08/23

Opportunities & roles as a sports physical therapist...working  
with elite athletes, professional sports, and beyond

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## TOP 3 TAKEAWAYS

From This Session:

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# 2023 CALENDAR

## Important Dates For Your Calendar This Year

<b>JANUARY 11 - MARCH 8</b>	<b>"Sports PT kickstarter"</b> (Virtual only)
<b>MARCH 18 - 19</b>	<b>"Sports PT accelerator"</b> (San Diego, CA - hybrid option available)
<b>JUNE 17 - 18</b>	<b>"Sports PT strength summit"</b> (San Diego, CA - hybrid option available)
<b>SEPTEMBER 30 - OCTOBER 1</b>	<b>"Sports PT strength summit"</b> (Columbus, OH - in-person only)
<b>OCTOBER 21 - 22</b>	<b>"Management of the barbell athlete"</b> (San Diego, CA - hybrid option available)

## Upcoming Mentorship Programs

### SPORTS PT ACADEMY:

Meet with Dr. Chris virtually on a monthly basis in a small-group setting advancing your skills and clinical reasoning in sports PT, including on-field event coverage, acute injury management, sports rehab, strength & conditioning program design, injury prevention, and how to manage athletes with short return to sport timelines. Whether you're a new grad or an established clinician, the year-long Sports PT Academy is perfect for any PT who wants to excel in sports physical therapy with consistent mentorship to ensure they're on the right path. Email [DrChris@DrChrisGarcia.com](mailto:DrChris@DrChrisGarcia.com) for more details.

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Helping **Physical Therapists**

specialize in sports rehab,

injury prevention, and

athletic performance

.... so they can become

**Successful Clinicians** and...

*Enjoy the Career*

*They've Always Dreamed Of!*

[www.DrChrisGarcia.com](http://www.DrChrisGarcia.com)