

FRIDAY

ACUTE STAGE REHABILITATION

ØRKA
EDUCATION

THE ACL SUMMIT
Sponsored by **VALD**

1:00pm-1:30pm **Welcome and Facility Tour**

1:30pm-2:15pm **Essential Pillars to ACL Rehabilitation**
Travis Gaudet

2:15pm-3:00pm **Programming and Periodization**
Taylor Evernden

3:00pm-3:15pm **NETWORKING BREAK**

3:15pm-4:00pm **The ØRKA ACL Code**
Brendan DeForge

4:00pm-4:30pm **Motor Control, Neurocognitive Rehab, and Constraint Based Learning**
Travis Gaudet

4:30pm-5:15pm **DINNER + NETWORKING**

5:15pm-8:30pm **The Foundational Phase (+ early medical management)**

5:15pm-6:00pm **Foundational Phase Entrance Testing (Pre-Op and The Clinical Examination)**
Travis Gaudet + Brendan DeForge

6:00pm-6:30pm **Foundational Phase Programming (group practical)**

6:30pm-7:30pm **ØRKA's Foundational Phase (+ practical breakout with drill core competencies)**
Travis Gaudet + Brendan DeForge

7:30pm-8:30pm **Foundational Phase Exit Testing**
Travis Gaudet

SATURDAY

MID STAGE REHABILITATION

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EDUCATION

THE ACL SUMMIT
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8:00am-8:30am **Arrival & Coffee Social**

8:30am-11:00am **The Tissue Integration Phase**

8:30am-9:00am **Tissue Integration Phase Programming (group practical)**

9:00am-10:00am **ØRKA's Tissue Integration Phase (+ practical breakout with drill core competencies)**
Travis Gaudet + Brendan DeForge

10:00am-11:00am **Tissue Integration Phase Exit Testing**
Travis Gaudet

11:00am-11:15am **NETWORKING BREAK**

11:15am-12:00pm **Strength and Power Models in ACL Rehab**
Taylor Evernden

12:00pm-12:45pm **Plyometrics in ACL Rehab**
Travis Gaudet

12:45pm-1:45pm **LUNCH**

1:45pm-5:30pm **The Strength Capacity Phase**

1:45pm-2:15pm **Strength Capacity Phase Programming (group practical)**

2:15pm-3:15pm **ØRKA's Strength Capacity Phase (+ practical breakout with drill core competencies)**
Travis Gaudet, Taylor Evernden, and Brendan DeForge

3:15pm-4:15pm **Strength Capacity Exit Testing**
Travis Gaudet

4:15pm-5:00pm **Change of Direction and Agility**
Travis Gaudet

5:00pm-5:45pm **Acceleration, Deceleration and Max Velocity**
Brendan DeForge

6:00pm-onwards **DINNER CHATS AT RAILYARD BREWERY**

SUNDAY

END STAGE REHABILITATION + RETURN TO PLAY

ØRKA
EDUCATION

THE ACL SUMMIT

Sponsored by **VALD**

8:00am-8:30am **Arrival & Coffee Social**

8:30am-11:00am **The Transition to Chaos Phase**

8:30am-8:50am **Transition to Chaos Phase Programming (group practical)**

8:50am-9:30am **ØRKA's Transition to Chaos Phase (+ practical breakout with drill core competencies)**

Travis Gaudet, Taylor Evernden, and Brendan DeForge

10:00am-11:30am **Acceleration / Max Velocity and Speed Practical (Prolific Sport House North)**

12:00pm-12:30pm **ØRKA Transition to Chaos Phase Exit Testing**

Travis Gaudet

12:30pm-1:15pm **LUNCH**

1:15pm-4:00pm **The Transition to Sport Phase**

1:15pm-1:45pm **Transition to Sport Phase Programming (group practical)**

1:45pm-2:45pm **ØRKA's Transition to Sport Phase (+ practical breakout with drill core competencies)**

Travis Gaudet, Taylor Evernden, and Brendan DeForge

3:00pm-4:00pm **Full Return to Sport/Performance Testing + Decision Making**

Travis Gaudet

4:00pm-4:30pm **CLOSING + WRAP UP**

**BONUS
RECORDED
MODULES**

***The Business of ACL Rehab (recorded module to be sent virtually)**

Taylor Evernden

***Curating Culture (recorded module to be sent virtually)**

Taylor Evernden

***Energy System Development (recorded module to be sent virtually)**

Taylor Evernden

***LTAD and Navigating a Gym Floor
(recorded module to be sent virtually)**

Taylor Evernden

***On Field Rehabilitation (Field and Sport Specific Drills,
(recorded module to be sent virtually)**

Travis Gaudet, Taylor Evernden, Rofi Joseph