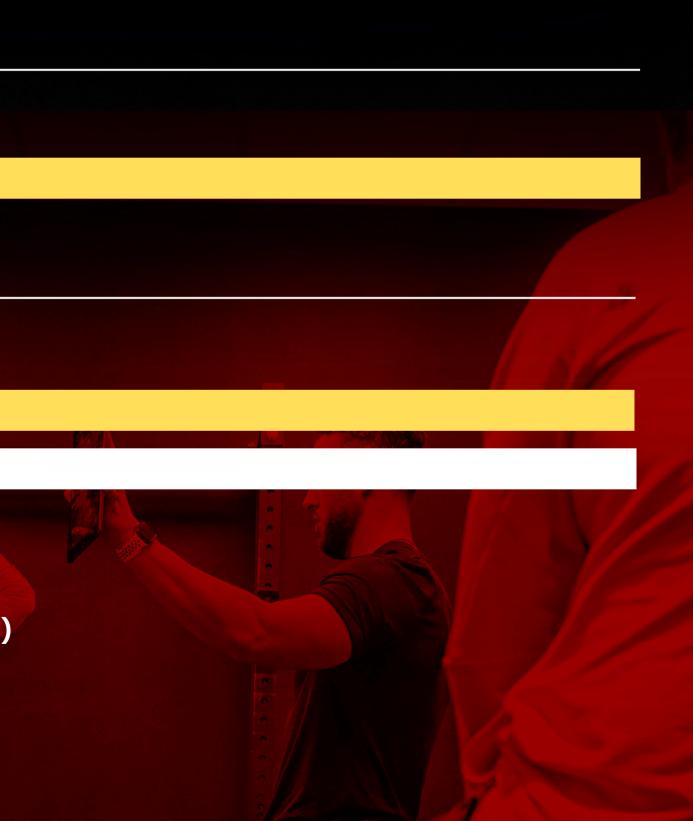


ACUTTE STAGE REHABILITATION

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
	ØRKA's Foundational Phase (+ practical breakout with drill core competencies) Travis Gaudet + Brendan DeForge Foundational Phase Exit Testing







MID STAGE REHABILITATION

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 compete 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 compete 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
5:00pm-5:45pm	Travis Gaudet Acceleration, Deceleration and Max Velocity Brendan DeForge
6:00pm-onwards	DINNER CHATS AT RAILYARD BREWERY









END STAGE REHABILITATION & RETURN TO PLAY

8:00am-8:30a	m Arrival & Coffee Social	
8:30am-11:00a	m The Transition to Chaos Phase	
8:30am-8:50a	m Transition to Chaos Phase Programming (group practical)	
8:50am-9:30an	ØRKA's Transition to Chaos Phase (+ practical breakout with drill contravis Gaudet, Taylor Evernden, and Brendan DeForge	ore compete
10:00am-11:30c	Max Velocity and Speed Practical (Prolific Sport Hous	se North)
12:00pm-12:30p	M ØRKA Transition to Chaos Phase Exit Testing Travis Gaudet	
12:30pm-1:15pr	n 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 Travis Gaudet, Taylor Evernden, and Brendan DeForge	competenc
3:00pm-4:00pn	Full Return to Sport/Performance Testing + Decision Making Travis Gaudet	
4:00pm-4:30pr	m 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) 	*LTAD and I (recorded r Taylor Ever
	Taylor Evernden	*On Field R
	*Energy System Development (recorded module to be sent virtually) Taylor Evernden	(recorded r Travis Gauc





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Navigating a Gym Floor module to be sent virtually)

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

ıdet, Taylor Evernden, Rofi Joseph