



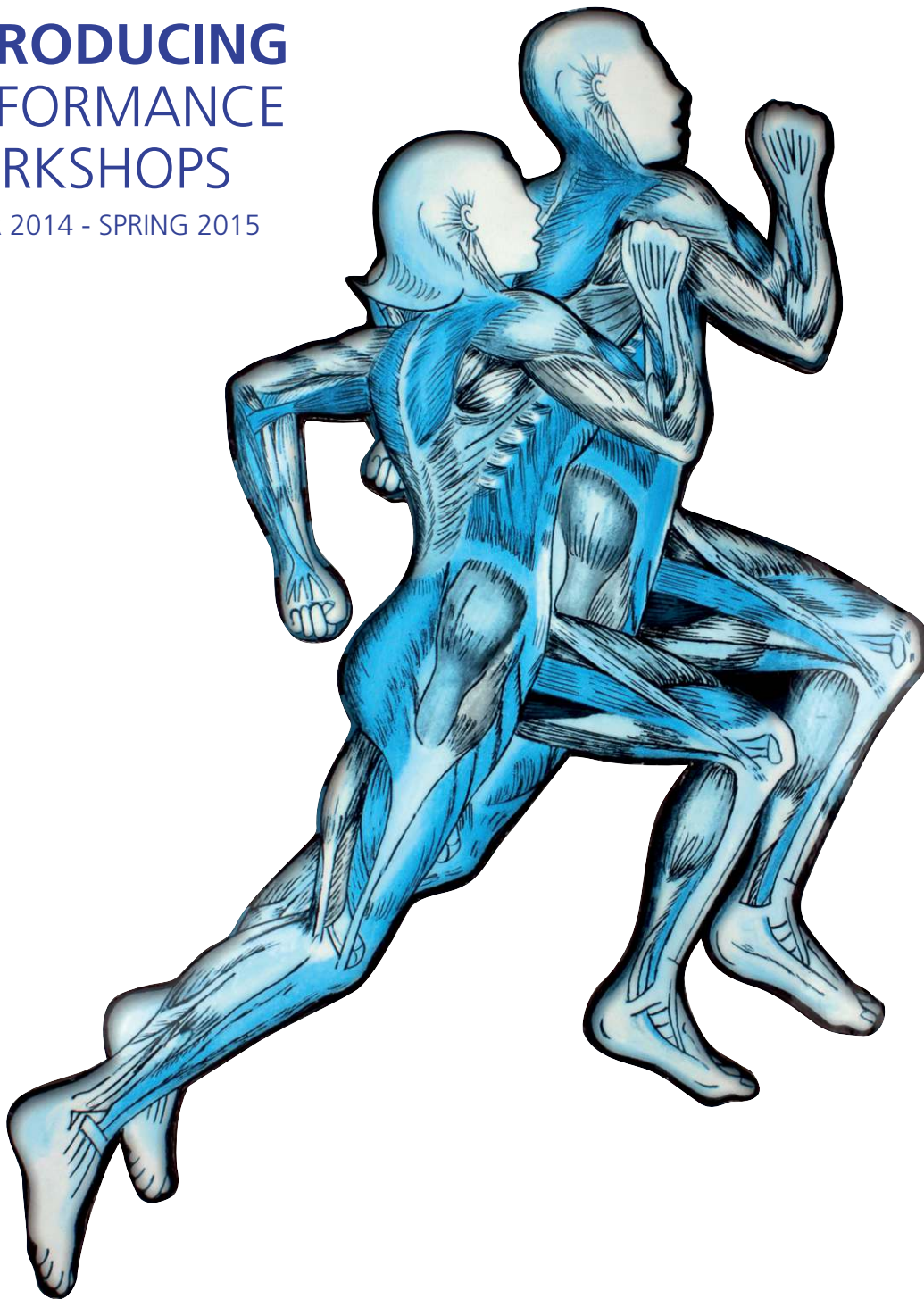
**HARTMANN**

international

**sports injury clinic**

## INTRODUCING PERFORMANCE WORKSHOPS

WINTER 2014 - SPRING 2015

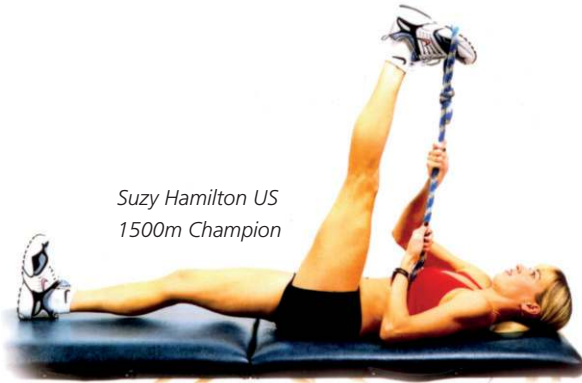


- Are you stretching correctly?
- Secrets of top class athletes.
- Blueprint for Success performance workshop.
- Flexibility workshop for physiotherapists, physical therapists, athletic trainers, rehab and sports therapists.

## INTRODUCING PERFORMANCE WORKSHOPS

WINTER 2014 - SPRING 2015

### (1) FLEXIBILITY WORKSHOP FOR ATHLETES, SPORTS PEOPLE, COACHES



*Suzy Hamilton US  
1500m Champion*

This one day workshop presented by Gerard Hartmann and David Campbell outlines the theory and methodologies of stretching both to recuperate flexibility to enhance athletic performance and to limit potential injury. There is a strong practical component to the day. Participants will be taught specific stretching exercises best employed for two distinct purposes:

- (A) Flexibility warm up, cool down programme. This expands on the correct stretching exercises to do in preparation prior to sports specific training-competition for optimising performance and the optimal stretching regime employed after training focuses on regaining pre-exercise tissue length and decrease cramping and limit injury associated with increased tightness and fatigue.
- (B) Flexibility training programme. This is defined as a planned, deliberate, and regular programme of stretching exercises that can permanently and progressively increase the usable range of motion of a joint or set of joints over a period.

One of the main characteristics associated with athletes as they age is loss of flexibility. Regular stretching is the single most important thing athletes can do to maintain optimal joint range of motion, prevent stiffness and limit injury.

#### **Course Date / Venue:**

Saturday November 15th 2014  
University Arena,  
University of Limerick. Limerick.  
9.15am to 5.30pm.

**Fee:** €160 lunch included.

Saturday November 29th 2014  
Westgrove Hotel & Conference Centre, Clane, Co Kildare  
9.15am to 5.30pm.

**Fee:** €160 lunch included.

### (2) FLEXIBILITY WORKSHOP SPECIFICALLY FOR PHYSIOTHERAPISTS, PHYSICAL THERAPISTS, ATHLETIC TRAINERS, REHAB and SPORTS THERAPISTS



*Paula Radcliffe being stretched by Gerard Hartmann*

Gerard Hartmann presents this one day workshop for therapists and shares his 25 years of clinical experience and knowledge with a special interest in Flexibility to other health care practitioners. David Campbell facilitates in assisting Gerard present this workshop.

The course is split with the first part of the day focusing on presenting the physiological and anatomical principles pertaining to the science of Flexibility and in the afternoon Gerard demonstrates methodologies of therapist facilitated stretching along with practice of same including Active Assistive Isolated Stretching (AAIS), Muscle Energy Techniques (MET), and Proprioceptive Neuromuscular Techniques (PNF).

#### **Course Date / Venue:**

Saturday February 28th 2015  
University Arena,  
University of Limerick.  
9.15am - 6pm.

**Fee:** €180 lunch included.

Saturday March 28th 2015  
Westgrove Hotel & Conference Centre, Clane, Co Kildare  
9.15am - 6pm.

**Fee:** €180 lunch included.  
Limited to 24 participants.

## COURSE TUTORS:

**Gerard Hartmann** is a former 7 time Irish Triathlon champion and Registered Physical Therapist who over the past 25 years has worked with many of the works greatest athletes, including 72 Olympic medal winners, numerous world champions and world record holders. He is an avid cyclist, health and fitness enthusiast.

**David Campbell** is a former Irish Champion at 800m and 1,500m with a personal best for 800m of 1 minute and 45 seconds. He competed for Ireland at European and World Championships at 800m. He is a Chartered Physiotherapist who graduated from UCD. He has worked with many international athletes and is passionate about health and fitness.

**Barry Meehan** a former competitive cyclist is an avid cycling enthusiast. He is a bike mechanic who served as mechanic to the Irish National Cycling Team. He presently works in the cycling tourism industry and currently edits [www.thecyclingblog.com](http://www.thecyclingblog.com).

### (3) BESPOKE PREHAB WORKSHOP SPECIFICALLY FOR CYCLISTS



*Gerard Hartmann with Seán Kelly and Barry Meehan.*

This one day practical bespoke Prehab workshop for cyclists (triathletes welcome) designed by Gerard Hartmann presented in collaboration with Barry Meehan (former Irish National Cycling Team Mechanic to the Irish cycling team, presently editor of [www.thecyclingblog.com](http://www.thecyclingblog.com)) is unique as it is a first of its kind bespoke Prehab cycling workshop.

Cycling the new golf is presenting sports medicine practitioners, physiotherapists and sports therapists with an unprecedented array of cycling related overuse injuries.

Cycling poses mechanical and postural stresses on the musculoskeletal system specific to spending hours on the bike fixed to three contact points, - feet on pedals, hands on handlebars, bum on saddle in a relatively fixed flexed posture.

Certain muscles, the phasic agonist muscles utilised in cycling tend to become over strong and over tight while their opposing antagonist muscle groups become weak and hypotonic leading to structural imbalance with resultant postural changes resulting in injury accruing.

Participants will learn preventative measures to prevent musculoskeletal imbalances and limit the potential for overuse injury.

Gerard Hartmann and Barry Meehan collectively have over 60 years combined of cycling experience at the top level and this workshop will be very educational and beneficial for cyclists of all capabilities.

#### Course Date / Venue:

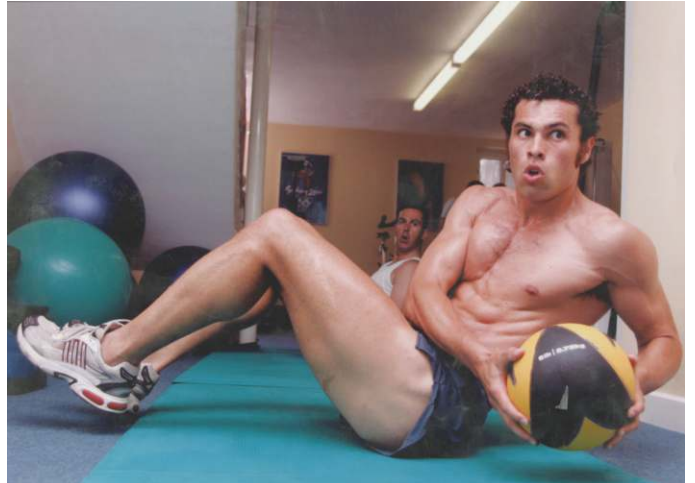
Saturday 17th January 2015  
University Arena,  
University of Limerick,  
9.00 to 5.30pm.

**Fee:** €160 lunch included.

Saturday 31st January 2015  
Venue: Westgrove Hotel &  
Conference Centre, Clane,  
Co Kildare

**Fee:** €160 lunch included.

### 4) BLUEPRINT FOR SUCCESS PERFORMANCE WORKSHOP



*Seán Óg O'Hailpin at Hartmann International Sports Injury Clinic*

This one day workshop is a must attend for athletes, sports people, coaches and therapists looking to learn the secrets of what it takes to Win and to be a successful athlete-sportsperson.

Gerard Hartmann shares his knowledge of being a former international athlete with 25 years experience as a Physical Therapist working with 72 Olympic Medal Winners, numerous world champions and who has worked as a Physical Therapist at the past 6 Olympic Games with national teams.

The workshop expands on the physical and psychological components necessary to succeed along with the support structures required to reach the top in competitive sport.

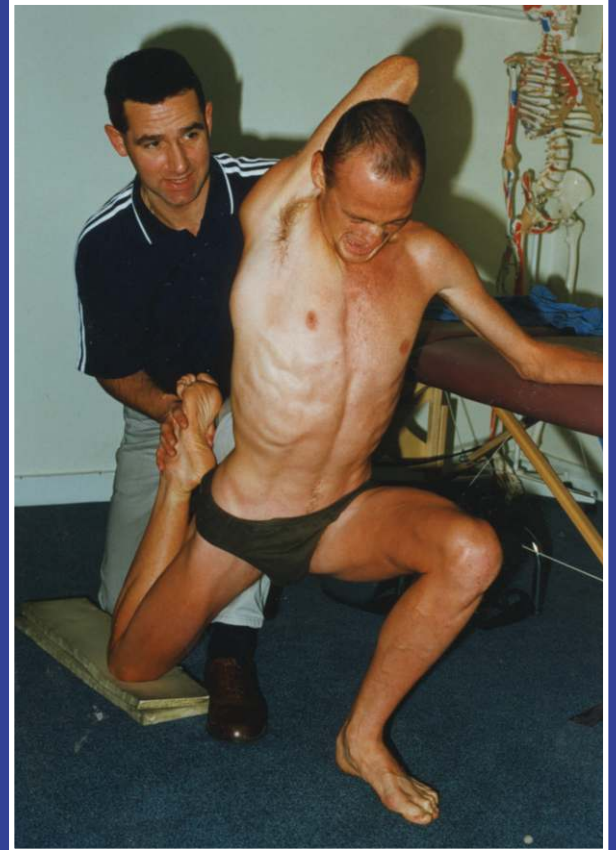
There is a theory and practical component to the days workshop ensuring that participants will benefit maximum results from this full day workshop.

#### Course Date / Venue:

Sat 21st March 2015 University Arena,  
University of Limerick. 9.00am to 5.30pm.  
Fee € 160, lunch included.

**FOR COURSE BOOKINGS CONTACT:**  
[admin@hartmann-international.com](mailto:admin@hartmann-international.com)  
[davidc@hartmann-international.com](mailto:davidc@hartmann-international.com)  
[barry@thecyclingblog.com](mailto:barry@thecyclingblog.com)

HARTMANN INTERNATIONAL SPORTS INJURY CLINIC  
UNIVERSITY ARENA, UNIVERSITY OF LIMERICK, LIMERICK



**ULSPORT**  
IRELAND'S SPORTS CAMPUS

UNIVERSITY of LIMERICK  
OLLSCOIL LUIMNIGH

**IRISH**  
**Runner**  
MAGAZINE

FOR COURSE BOOKINGS CONTACT:  
[admin@hartmann-international.com](mailto:admin@hartmann-international.com)  
[davidc@hartmann-international.com](mailto:davidc@hartmann-international.com)  
[barry@thecyclingblog.com](mailto:barry@thecyclingblog.com)

HARTMANN INTERNATIONAL SPORTS INJURY CLINIC  
 UNIVERSITY ARENA, UNIVERSITY OF LIMERICK, LIMERICK