

Considerations for Assessment and Return to Programming for the Overhead Fitness Athlete

Marc Feda, DPT, OCS, SCS

This course will primarily focus on upper extremity issues in the Olympic Lifting/CrossFit athlete with a primary emphasis on the shoulder girdle and linking impairments further down the kinetic chain will be addressed to demonstrate how the lower extremity can affect performance of the lifts. It will include specific assessment strategies and discussion on return to programming considerations. It will include a lab portion to go over fundamental introduction to the Olympic Style lifts in addition to the assessment components as well.

The participant will be educated on the common precautions and injury considerations that are prevalent in the overhead fitness athlete with special focus on the shoulder/upper extremity

The participant will be introduced to the two main Olympic Style Lifts commonly utilized in competition for the overhead fitness athlete: The Snatch and The Clean and Jerk

The participant will be instructed and educated on the USAW weightlifting introductory assessment of "Readiness to Lift"

The participant will be educated on additional assessment tools to help them better understand an individual's capacity to perform Olympic Style Lifts

The participant will be provided with guidance on return to programming and competition considerations to ensure safe return to training/sport"

- 1.) Claudino JG, Gabbett TJ, Bourgeois F, et al. Crossfit overview: systematic review and meta-analysis. *Sport Med - Open*. 2018;4(1):11.
- 2.) Dominski FH, Siqueira TC, Serafim TT, et al. Injury profile in CrossFit practitioners: systematic review. *Fisioter E Pesqui*. 2018;25(2):229–239.
- 3.) Alekseyev K, John A, Malek A, et al. Identifying the most common CrossFit injuries in a variety of athletes. *Rehabil Process Outcome*. 2020;9:117957271989706.
- 4.) Lima PO, Souza MB, Sampaio TV, et al. Epidemiology and associated factors for CrossFit-related musculoskeletal injuries: a cross-sectional study. *J Sports Med Phys Fitness*. 2020;60(6):889–894.
- 5.) Summitt RJ, Cotton RA, Kays AC, et al. Shoulder injuries in individuals who participate in CrossFit training. *Sports Health*. 2016;8(6):541–546."

Marc Feda, DPT, OCS, SCS, USAWPC, is a concussion management specialist who is also certified in trigger point dry needling and a functional range release of upper extremity. Marc has also taken advanced coursework on treating TMJ pain and is a Level 1 USA Weightlifting and Sports Performance coach.

Adding value to people's lives is Marc's passion, along with helping active adults achieve and maintain optimal health and rehabilitating injured youth and adolescent athletes to return to their highest level of performance. He adheres to the adage of "knowledge is power," and sees his role at Performance as an educator. The more knowledge he can accrue is more knowledge he can share with his patients, helping them sharpen their own minds and habits.

When he is not with his patients, Marc is an avid golfer and hockey player who enjoys training via CrossFit, taking hikes and participating in adventure races.