

Objectives:

- 1) Participants will understand the circus artist as an athlete and how to engage and enhance credibility with this population
- 2) Participants will understand the biomechanics of the common circus movements including their effect and stresses on the shoulder, trunk, and hip when moving into and through extreme ranges of motion
- 3) Participants will learn common patterns of posture, movement, and injury in circus athletes/artists
- 4) Participants will be able to recognize movement dysfunctions of the scapula and humerus in true overhead athletes like circus artists
- 5) Participants will learn about equipment, names of common skills, and learn to speak some of the language of a circus artist
- 6) Participants will gain an understanding of how circus athletes/artists perform their core movements and skills to be able to observe these movements and recognize when they might be at risk for injury.

Course Outline:

Week 1)

Circus Culture as an Artist and Patient

Review of literature around circus culture specifically as it relates to injury. Circus vocabulary overview for understanding your patients. Finally, how to take a subjective from a circus artist and important questions to ask.

Week 2)

Circus Injuries and Training Practices

How the research on circus injuries compare to the clinical experience at the recreational and professional level. What should we know about common training practices for the artists and what changes should we address in their training load, warm- up, and stretching protocols based on the literature?

Week 3)

Using pattern recognition to evaluation and assess injuries in circus artists at the trunk and lower extremity

Week 4)

Using pattern recognition to evaluation and assess injuries in circus artists at the trunk and upper extremity

Week 5)

Circus Skill Evaluation and Assessment

Learning to assess common positions and skills in ground-based circus arts to assist artists with symptom reduction, injury rehabilitation, and return to sport.

Week 6)

Learning to assess common positions and skills in aerial based circus arts to assist artists with symptom reduction, injury rehabilitation, and return to sport.

Common movements you can screen for in the clinic to relate to the demand of circus skills.

Week 7)

Circus Strong

Rehabilitation exercises and return to performance/sport drills and exercises for the circus artist. In this section we will also discuss outcome measures and their use in the circus population

Week 8)

Using your knowledge of circus bodies, how can you engage your audience to ensure you are connecting with circus artists who need your clinical help.

Week 9)

Live evaluation of a circus artist with trunk or LE pain or injury performed by the course speaker. During this time, we will also get the patient's perspective on seeking and receiving healthcare as a circus artist.

Week 10)

Live evaluation of a circus artist with UE pain or injury performed by the course speaker. During this time, we will also get the patient's perspective on seeking and receiving healthcare as a circus artist.

Course schedule:

Week 1 Hours 1-2

0 - 0:30 Setting course goals and expectations

0:30 – 1:25 Circus culture, relationship to Injury, and other risk factors

1:25 – 1:45 Circus Vocabulary

1:45 – 2:00 Receiving a circus history/subjective

Week 2 hours 2-4

2:00 – 3:00 Common circus Injuries in the literature, in clinical practice, and professional performance

3 - 3:30 Warm up in circus

3:30 – 4:00 Stretching in circus

Week 3 hours 4-6

4:00 – 4:45 Injury prevalence in circus artists at the lumbar spine, pelvis, hip, and lower extremity

4:45 – 6:00 Pattern recognition of circus movement biomechanics with relationship to LE injury presentation and apparatus

Week 4 hours 6-8

6:00 – 6:45 Injury prevalence in circus artists at the cervical spine, shoulder girdle, elbow, and wrist

6:45 – 8 Pattern recognition of circus movement biomechanics with relationship to UE injury presentation and apparatus

Week 5 hours 8-10

8:00 - 10:00 Circus ground skill assessment and evaluation techniques for ground positions and acrobatics

Week 6 hours 10-12

10:00 - 12:00 Circus aerial skill assessment and evaluation techniques for aerial skills

Independent study hanging assessment hours 12-13

Week 7 hours 13-15

13:00 - 15:00 Exercises for circus specific rehab and return to sport

Week 8 hours 15-17

15:00 – 16:00 Utilization of screening and outcome measures for circus artists

16:00 – 17:00 Building a circus medicine practice. Outreach to community and how to access patients.

Week 9 hours 17-19

17:00 – 17:30 Patient Q&A about seeking healthcare as a circus artist.

17:30 – 19:00 Patient assessment and treatment planning with Q&A

Week 10 hours 19-21

19:00 – 19:30 Patient Q&A about seeking healthcare as a circus artist.

19:30 – 21:00 Patient assessment and treatment planning with Q&A