

*The University of Texas at El Paso (UTEP) Doctor of Physical Therapy Program  
presents*



## **Physiological Principles and Therapeutic Uses of Eccentric Exercise in Musculoskeletal Injuries**

*by*

Dr. Luis Peñailillo, PhD

Tuesday June 5, 5:00 – 7:00 pm

Campbell Building Room 115 (Snacks included in registration cost)

***2.0 CCUs approved by the Texas Physical Therapy Association***

### **Course Description:**

This 2-hour lecture-based course is designed for PTs, PTAs, OTs, COTAs, Exercise Physiologists, and Kinesiologists who prescribe exercise to clinical populations. The physiological adaptations to eccentric training will be presented along with the basic musculotendinous adaptations to eccentric exercise. Clinical uses of employing eccentric contractions in various clinical examples will be discussed.

### **About the Instructor:**

Dr. Luis Peñailillo is a licensed Physical Therapist in Chile. He is the director of the Master in Clinical Exercise Physiology program at the Universidad Finis Terrae. He earned a PhD in sport and exercise science at Edith Cowan University in Australia. His expertise as an exercise physiologist employing eccentric exercise for various musculotendinous injuries and investigating the physiological adaptations to eccentric exercise.

**Objectives:** Participants should be able to:

- Identify and describe the basic characteristics of lengthening contractions
- Identify the physiological adaptations to eccentric training
- Identify and describe uses of eccentric contractions as a key element in rehabilitation of muscle and tendon injuries

**REGISTRATION INFORMATION**

(course is limited to 40 participants)

Participants must register online no later than 5pm on June 4 at:

[https://secure.touchnet.net/C21711\\_ustores/web/classic/product\\_detail.jsp?PRODUCTID=545  
&SINGLESTORE=true](https://secure.touchnet.net/C21711_ustores/web/classic/product_detail.jsp?PRODUCTID=545&SINGLESTORE=true)

**SEE DISCOUNT CODES BELOW**

There is no mechanism to refund the discount in the event a participant registers accidentally under the full price. It is important that the correct amount for registration is shown before hitting submit

**NO ONSITE REGISTRATION WILL BE ACCEPTED UNLESS PARTICIPANT IS PAYING WITH  
CCU COUPONS PROVIDED BY THE DPT PROGRAM**

Only individuals with CCU coupons may register in person.  
Email [ldillon@utep.edu](mailto:ldillon@utep.edu) to be placed on the roster

**Refund Policy: There will be no refunds,  
but paid registration may be transferred to another individual.**

<b>Registrants:</b>	<b>Fees:</b>
Health professionals (PTs, PTAs, OTs, COTAs, Kinesiologists, Exercise Physiologists, ATCs) who have not served the UTEP DPT Program in an academic or clinical role	\$60
UTEP DPT Program Academic or Clinical Faculty (during 2016, 2017 or 2018) receive a 50% discount	\$30
UTEP Students (PT or OT)	\$15

If you have any questions prior to the day of the course, contact  
Loretta Dillon 915-747-8215 or [ldillon@utep.edu](mailto:ldillon@utep.edu)

**Free parking is available on the street or in nearby UTEP parking lots.**