Project Beta: Course Outline

Project Beta | A Masterclass in Climbing Rehab · April 17–18, The Climb Clinic, Golden, CO. A 2-day, case-based course: 10 real-world climbing cases, each taken from the differential straight into treatment progressions from the acute stage back to climbing.

Course format

Every case runs the same three steps, so most of the time is spent on treatment:

1. **Brief case intro:** history, mechanism and the climber's goals
2. **Differential (2–3 diagnoses):** the key tests that tell them apart (brief discussion and can review as needed))
3. **Treatment progressions:** acute to return to climbing, demoed by both of us, then practiced by attendees

Each case can cover aspects of movement assessment, objective testing discussion, manual therapy, exercise prescription, and return to climbing with education.

Healing phases taught once. The opening session lays out the acute → subacute → return-to-climbing framework (Rehab Pyramid), and Case 1 walks through every phase in full. Later cases cover only what's different and refer back to an earlier case for the rest.

Variety built in. Cases mix stage (4 acute, 3 subacute, 3 chronic) and climber level (3 novice, 3 intermediate, 4 high-level), so no two cases feel the same.

Day 1: Fingers, hand and wrist

Time	Session	Stage · climber	Differential	Progressions build on
7:30–8:00	Check-in and coffee			
8:00–8:30	Welcome, introductions, acute-to-return framework			
8:30–10:15	**Case 1: Crimping injury · Fingers**	Acute · high-level	A2/A4 pulley vs flexor tenosynovitis	Reference case: all phases in full
10:15–10:30	Break			
10:30–12:00	**Case 2: Open-hand injury · Fingers / hand**	Subacute · novice	Lumbrical strain vs FDP strain	Case 1, from the subacute phase
12:00–12:45	Lunch			

Time	Session	Stage · climber	Differential	Progressions build on
12:45–2:30	**Case 3: Twisting / overuse injury · Finger joints**	Chronic · high-level	PIP/DIP synovitis vs collateral ligament vs volar plate	Case 2, into long-term load management
2:30–2:45	Break			
2:45–4:30	**Case 4: Sloper injury · Wrist**	Acute · intermediate	TFCC vs ECU tendinopathy vs ulnar impaction	Case 1 acute phase, applied to the wrist
4:30–5:00	Q&A and open lab			

Day 2: Shoulder, elbow and lower body

Time	Session	Stage · climber	Differential	Progressions build on
7:30–8:00	Coffee			
8:00–8:15	Day 1 recap and questions			
8:15–9:30	**Case 5: Heavy overhead gaston · Shoulder / upper back**	Chronic · intermediate	Shoulder impingement vs SLAP vs thoracic/neck referral	Case 3 load management, scaled down
9:30–9:45	Break			
9:45–11:00	**Case 6: Compression and lock-off · Elbow**	Chronic · novice	Medial vs lateral elbow tendinopathy vs brachialis	Case 3, plus novice training errors
11:00–12:15	**Case 7: High step · Hip / knee / low back**	Subacute · intermediate	FAI/labral vs hip flexor strain vs lumbar referral	Case 2 subacute progression
12:15–1:00	Lunch			
1:00–2:00	**Case 8: Drop knee · Knee / hip / toe**	Subacute · high-level	Meniscus vs collateral ligament vs patellofemoral	Case 7, at an elite level
2:00–3:00	**Case 9: Heel hook · Hamstring / knee / hip**	Acute · high-level	Hamstring strain vs posterolateral knee	Case 1 acute-to-return path

Time	Session	Stage · climber	Differential	Progressions build on
3:00–3:15	Break			
3:15–4:15	**Case 10: Ground fall · Ankle**	Acute · novice	Lateral vs high ankle sprain vs fracture needing referral	Case 4, plus when to refer
4:15–4:45	Return-to-climbing programming and final Q&A	Integrating rehab and climbing into a weekly plan: frequency, volume, intensity, symptom monitoring, and progression. Includes sample programming and take-home resources.		
4:45–5:00	Evaluations, certificates, group photo			