

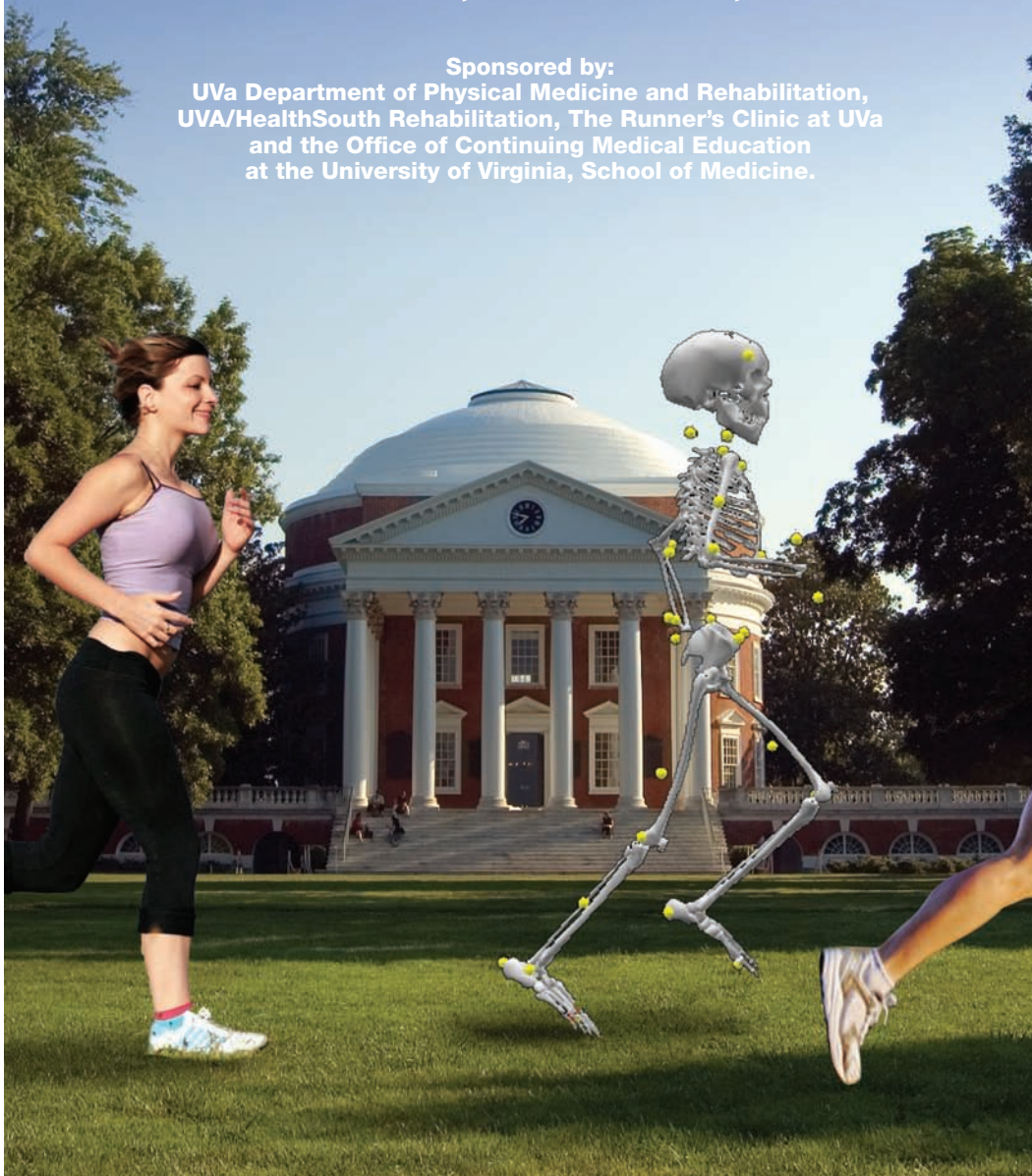
RUNNING MEDICINE

From the Lab to the Clinic



*Friday and Saturday March 8-9, 2013
OMNI Hotel, Charlottesville, Va*

Sponsored by:
UVa Department of Physical Medicine and Rehabilitation,
UVA/HealthSouth Rehabilitation, The Runner's Clinic at UVA
and the Office of Continuing Medical Education
at the University of Virginia, School of Medicine.



PROGRAM OVERVIEW

Our 10th annual conference Running Medicine 2013: From the Lab to the Clinic will examine the energetics of running and how to impact your athletes from a clinical perspective.

Friday's morning session begins with a discussion of: Surgical Management of Chondral Injuries at the Knee, Clinical Gait Analysis, the first Keynote presentation entitled: Disintegrating the energetic cost of running into components, followed by clinical gait implications in a talk entitled What to expect when you're expecting - how clinical measures translate to gait; the afternoon continues with the second keynote address entitled: The Intriguing Biomechanics & Energetics of Running with Prosthetic Legs; an update on the literature regarding Female Athlete Triad, and Patellofemoral Pain Syndrome; Core Stability for the Running Athlete and concludes with our course director presenting Return to Run – Case Study Approach

The conference concludes on Saturday afternoon with a series of 4 lab based sessions on: Observation Gait Analysis, Clinical implications following gait analysis; Running Form Drills, and Core Stability for the Running Athlete.

Saturday sessions are limited to 100 participants. There is an extra fee for lab sessions.

TARGET AUDIENCE

Primary care physicians, sports medicine physicians, physical medicine and rehabilitation physicians, nurse practitioners, physician assistants, physical therapists, athletic trainers, coaches and other professionals interested in maintaining and promoting the health of runners.

LEARNING OBJECTIVES

By participating in this symposium, participants will be able to:

- Discuss the evidence regarding surgical management of chondral injuries at the knee
- Describe clinical observational gait analysis, including video gait analysis
- Discuss the evidence regarding disintegrating the energetic cost of running into components
- Describe how clinical/observational gait analysis translates into treatment planning
- Describe the intriguing biomechanics & energetics of running with prosthetic legs
- Discuss the recent evidence for evaluation/management of patellofemoralpain syndrome.
- Describe updates in the literature regarding female athlete triad
- Discuss the evidence regarding core stability for the running athlete
- Discuss return to run progressions following injury through a case study approach

SYLLABUS AND POST CONFERENCE EVALUATION

In an effort to be more environmentally responsible, this years' syllabus will be available electronically and can be downloaded beginning Monday, March 4, 2013. The download link will be sent to your email address. Please make sure that you register with a valid email address. We will not print a full paper syllabus.

ACCOMMODATIONS

A block of rooms has been reserved for course participants at the Omni Hotel in Charlottesville, VA. Please call Central Reservations at 1-800-THEOMNI or use local number (434-971-5500) and identify yourself as a participant in the "CME-Running Medicine" to ensure that you receive the preferred conference rate. Reservations must be made by Thursday, February 14th, 2013 to ensure the conference preferred rate. Any reservations made after February 14, 2013 will be made on a space and rate available basis only. Conference lodging rates are subject to 11% Charlottesville Hotel tax addition to the published rate: **Hotel Room: \$169.00/night**

ACCREDITATION AND DESIGNATION STATEMENT

The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Virginia School of Medicine designates this educational activity for a maximum of 7.5 AMA PRA *Category 1 Credits*.TM for Friday program and 4.25 AMA PRA *Category 1 Credits*.TM for Saturday Labs. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CONTINUING EDUCATION CREDIT

The University of Virginia School of Medicine awards 0.1 CEU per contact hour to each non-physician participant who successfully completes this educational activity. The CEU (Continuing Education Unit) is a nationally recognized unit of measure for continuing education and training activities that meet specific educational planning requirements. The University of Virginia School of Medicine maintains a permanent record of participants who have been awarded CEUs.

Athletic Trainer CEUs – we are accredited for 7.75 CEU for Friday and 4.25 CEUs for Saturday. UVA's Athletic Trainer BOC continuing education provider number is P615. We have submitted an application with Pennsylvania State Board of Physical Therapy and are waiting for approval.

COURSE LOCATION AND PARKING

The conference will be held at the Omni Hotel. Parking is available at the hotel garage.

COURSE FEES

	<i>Before 2/16</i>	<i>2/17 and later</i>
Physicians – Friday lecture session	\$325	\$375
Other Healthcare Professionals - Friday lecture session	\$225	\$275
Physicians – Friday and Saturday	\$450	\$500
Other Healthcare Professionals - Friday and Saturday	\$350	\$400

Registrations to Saturday Hands-On lab session are limited to 100 people max. First come – first serve.

The Friday registration fee includes entry to the educational sessions on Friday, March 8, continental breakfast, breaks and lunch on Friday.

The Friday & Saturday registration fee includes entry to the educational sessions on Friday, March 8, continental breakfast, breaks and lunch on Friday and lab sessions on Saturday, March 9 and breaks on Saturday.

SPECIAL NEEDS

The Americans with Disabilities Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Office of Continuing Medical Education at the University of Virginia School of Medicine is pleased to assist participants with special needs. Written requests must be received 30 days prior to the conference date. These should be mailed to the UVA Office of Continuing Medical Education, Box 800711, Charlottesville, VA 22908 or to uvacme@virginia.edu.

CONFIRMATION & CANCELLATION POLICY

Upon receipt of registration and payment, you will receive an email confirmation.

Registration fees will be refunded (less a \$50 administrative fee) for cancellations received a minimum of 14 days prior to the activity date. No refunds will be granted for registration fees of less than \$50 or for cancellations made within 13 days of the activity.

The University of Virginia School of Medicine reserves the right to cancel CME activities if necessary. In this case, reimbursement of registration fees will not assess the \$50 administrative fee. All other expenses incurred associated with this CME activity are the sole responsibility of the participant.

CONFERENCE FACULTY

COURSE DIRECTOR

ROBERT P. WILDER, MD, FACSM

Chair, Department of Physical Medicine and Rehabilitation
Director, The Runners Clinic at University of Virginia
Team Physician, Ragged Mountain Racing

GUEST SPEAKERS

RODGER KRAM, PhD

Associate Professor
Department of Integrative Physiology
University of Colorado
Boulder, CO

JAY DICHARRY, MPT, SCS

REP Biomechanics Lab, Director
Rebound Physical Therapy
Bend, OR

MARK CUCUZZELLA, MD, FAAFP

Professor Family Medicine
West Virginia University
Department of Family Medicine
LtCol US Air Force Reserves
Harpers Ferry, WV

KYLE KIESEL, PT, PhD, ATC

Associate Professor of Physical Therapy
University of Evansville
Evansville, IN

BRIAN R. HOKE, DPT, SCS

Licensed Physical Therapist
Sports Medicine Clinical Specialist
Atlantic Physical Therapy
Virginia Beach, VA

UVA FACULTY

ERIC WARD CARSON, MD

Associate Professor of Orthopedic Surgery
Orthopedic Surgery Sports Medicine Division
Team Physician, UVa Sports Medicine
University of Virginia

SIOBHAN M. STATUTA, MD, CAQSM

Director, Primary Care
Sports Medicine Fellowship
Assistant Professor, Family Medicine and
Physical Medicine & Rehabilitation
Team Physician, UVA Sports Medicine
University of Virginia Health System

ERIC M. MAGRUM, DPT, OCS, FAAOMPT

University of Virginia/HealthSouth Outpatient
Sports Medicine
Senior Physical Therapist
University of Virginia/HealthSouth Orthopedic
Residency Director

CONTACT INFORMATION

LADI CARR, PhD

Office of Continuing Medical Education
ladicarr@virginia.edu

Friday - March 8, 2013

7:20-7:50 AM	Registration and breakfast
7:50-8:00 AM	Welcome and introductions Robert Wilder, MD, FACSM
8:00-8:45 AM	Surgical options for the runner with chondral injuries of the knee Eric Carson, MD
8:45-9:30 AM	Office based observational gait analysis Brian Hoke, PT, DPT, SCS
9:30 – 9:50	Break
9:50 – 10:50	Keynote: Disintegrating the energetic cost of running into its basic components Rodger Kram, PhD
10:50-11:50	What to expect when you're expecting - how clinical measures translate to gait Jay Dicharry, MPT, SCS
11:50-12noon	Q&A
12noon – 1PM	Lunch
1:00-1:45PM	Keynote: The intriguing biomechanics & energetics of running with prosthetic legs Rodger Kram, PhD
1:45- 2:30 PM	Patellofemoral pain syndrome: Review of current evidence Eric Magrum, DPT, OCS, FAAOMPT
2:30 – 3:15 PM	Female athlete triad: An update Siobhan Statuta, MD, CAQSM
3:15 – 3:35PM	Break
3:35 – 4:10PM	Myths of core stability training for the runner Kyle Kiesel, PT, PhD, ATC
4:10- 4:55PM	When the Clinician meets the Coach: Guiding our runners in return to run programs: A case study approach Robert Wilder, MD, FACSM
4:55 – 5:10 PM	Questions

Saturday - March 9, 2013 – lab is limited to 100 participants. (50 in each group)

Orange Group

8:00-9:00 AM	Lab: What to expect when you're expecting - How clinical measures translate to gait Jay Dicharry, MPT, SCS
9:00-10:00 AM	Lab: Observational gait analysis: A systematic approach Brian Hoke, PT, DPT, SCS
10:00 – 10:15 AM	Break
10:15-11:15 AM	Lab: Drills for skill, power and “spring” Mark Cucuzzella, MD, FAAFP
11:15 - 12:15 PM	Core assessment and training; 5 Minutes from exam to intervention Kyle Kiesel, PT, PhD, ATC
12:15- 12:30 PM	Questions/wrap up

Blue Group

8:00-9:00 AM	Lab: Observational gait analysis: A systematic approach Brian Hoke, PT, DPT, SCS
9:00-10:00 AM	Lab: What to expect when you're expecting - How clinical measures translate to gait Jay Dicharry, MPT, SCS
10:00 – 10:15 AM	Break
10:15-11:15 AM	Core assessment and training; 5 Minutes from exam to intervention Kyle Kiesel, PT, PhD, ATC
11:15 - 12:15 PM	Lab: Drills for skill, power and “spring” Mark Cucuzzella, MD
12:15- 12:30 PM	Questions/wrap up

DISCLOSURE OF FACULTY FINANCIAL AFFILIATIONS

The University of Virginia School of Medicine, as an ACCME accredited provider, endorses and strives to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices.

The University of Virginia School of Medicine requires that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices.

All faculty presenters participating in an accredited CME activity are expected to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the reader. Questions about specific strategies can be directed to the Office of Continuing Medical Education, University of Virginia School of Medicine, Charlottesville, Virginia.

The faculty and staff of the University of Virginia Office of Continuing Medical Education have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices

The University of Virginia School of Medicine, as an ACCME provider, requires that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products. The University of Virginia School of Medicine recommends that each physician fully review all the available data on new products or procedures prior to clinical use.

The University of Virginia Office of Continuing Medical Education requires that all participants at live CME activities sign attendance sheets daily to confirm participation in the CME activity for that day.

A green oval logo with white text. The text reads: "Free Wi-Fi" in a large, bold, serif font. Below it, in a smaller, sans-serif font, it says "will be available during both days to all attendees."

Free Wi-Fi
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days to all attendees.

REGISTRATION FOR RUNNING MEDICINE 2013 FROM THE LAB TO THE CLINIC IS ONLY ON-LINE AT

www.cmevillage.com