



The Department of Physical Medicine and Rehabilitation at the University of Virginia Health System presents
RUNNING MEDICINE 2017
 March 10-11, 2017
 University of Virginia Darden School of Business
 Charlottesville, Virginia
 Provided by the Office of Continuing Medical Education of the University of Virginia School of Medicine

Running Medicine 2017 Program Description

Running Medicine focuses on State of the Art approaches for evaluating and treating runners. The concentration for 2017 will expand that premise to include sports psychology strategies to improve running performance and well-being, understanding the principles of periodization and training programs designed for injured and non-injured runners, knowledge of altitude training and its limitations, coaching techniques, how to design strength and plyometric focused programs and recovery strategies to enhance performance and minimize injury risk. Didactic talks will include a special emphasis on heel pain: how to generate a broad differential diagnosis, specific rehabilitation programs for these runners and indications for surgery and other options for runners with heel pain. Friday's session will conclude with a panel discussion on Running Cases and the special Saturday sessions will include instruction on Yoga, Pilates, Plyometrics for runners and clinical screening for Olympic lifts.

Target Audience

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

Educational Objectives

After this conference, participants will be better able to:

1. Generate a broad differential diagnosis for the runner with heel pain
2. Prescribe specific rehabilitation programs for runners with heel pain
3. List surgical indications and options for the runner with heel pain
4. Describe sports psychology strategies to improve running performance and well being
5. Understand the principles of periodization and training program design
6. List advantages and limitations of altitude training for runners
7. Design strength and plyometric programs for runners
8. List important recovery strategies to enhance performance and minimize injury risk
9. Implement basic Pilates and Yoga programs for runners

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 live activity for a maximum of **6.75 AMA PRA Category 1 Credits™** for Friday and **4.25 AMA PRA Category 1 Credits™** for Saturday lab. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine awards **6.75** hours of participation for Friday and **4.25 AMA hours of participation** for Saturday lab to each non-physician participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

Location

The conference will be held at the University of Virginia Darden School of Business, 100 Darden Boulevard, Charlottesville, Virginia. Lab sessions will be held at the North Grounds Recreation Center, adjacent to Darden.

Accommodations

A block of rooms has been reserved at The Inn at Darden (100 Darden Blvd.) for a rate of \$145/night. Please call 434-243-5000 for reservations prior to Monday, February 6, 2017. Attendees will need to make their own reservations using the group name: Running Medicine.

Parking

Parking is available free of charge at the Darden parking garage.

Registration

The registration fee includes the online syllabus and all meals and breaks listed in the program. Registration is online only at www.cmevillage.com. Fees must be paid by credit card. Please contact us with special needs.

Fee Structure

	Before 2/10/2017	As of 2/10/2017	As of 3/6/17 or Walk-in
Physicians	\$350	\$450	\$475
Nurses	\$250	\$350	\$375
Other Health Care, (Residents/ Fellows/Students)	\$250	\$350	\$375
Saturday Breakout Session	\$100	\$100	\$100

(* Saturday is LIMITED TO 100 participants with an additional \$100 fee)

Online registration closes as of midnight 3/5/17 and is considered walk-in after that date.

** Eligible UVA Academic Division employees may wish to consider use of the University Education Benefits Program to assist with the conference registration fee. For more information, visit www.hr.virginia.edu/goled-benefit

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 written cancellations (emails and faxed requests are acceptable) 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, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CME activity are the sole responsibility of the participant.



Planning Committee

Course Director

Robert Wilder, MD, FACSM,
Chair, Department of Physical Medicine and Rehabilitation,
Director, The Runners Clinic
Team Physician, Ragged Mountain Racing
University of Virginia, Charlottesville, Virginia

Course Co-Directors

Eric Magrum, PT, DPT, OCS, FAAOMPT
University of Virginia/HealthSouth
Orthopaedic Physical Therapy Residency
Director

Jay Dicharry, MPT, SCS
REP Biomechanics Lab,
Director, Rebound Physical Therapy,
Bend, OR

Program Manager

Eva Casola, MBA
Continuing Medical Education,
University of Virginia, Charlottesville, Virginia

Guest Faculty

Jack Daniels, MEd, PhD (Keynote)
Associate Professor, Human Movement
A.T. Still University, Kirksville, MO

Richard Ferguson, PhD
Professor, Physical Education Wellness &
Sport Science
Chair, Department of Physical Education
Averett University, Danville, VA

Carrie Lane, MS, CSCS
Director, Sports Performance
Peak Energy Performance Therapy,
Lone Tree, CO

Robin Truxel, MS
Owner, Tru PILATES
Charlottesville, VA

UVA Faculty

Mike Inge, MEd
Staff, Department of Athletics
University of Virginia, Charlottesville, VA

Joseph Park, MD
Associate Professor, Orthopaedic Surgery
University of Virginia, Charlottesville, VA

Dave Hryvniak, MD
Assistant Professor, Physical Medicine &
Rehabilitation
University of Virginia, Charlottesville, VA

Contact Information

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434-924-5310

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Running Medicine 2017 Agenda

Friday, March 10, 2017

- 7:20 – 7:50 AM Registration
Breakfast & Exhibitors
- 7:50 – 8:00 **Welcome and introductions**
Robert Wilder, MD, FACSM
- 8:00 – 9:30 **Heel Pain: A Case Study Approach**
Robert Wilder, MD, FACSM
Eric Magrum, DPT, OCS, FAAOMPT
Joseph Park, MD
- 9:30- 10:15 **Sports Psychology for the Runner**
Richard Ferguson, PhD
- 10:15 – 10:30 Break & Exhibitors
- 10:30 – 11:15 **Keynote: Periodization**
Jack Daniels, MEd, PhD
- 11:15 – 12:00 **Keynote: Altitude Training**
Jack Daniels, MEd, PhD
- 12:00 – 1:00 Lunch & Exhibitors – Provided in Main Dining Room
- 1:00 – 1:15 **Introduction/ Overview**
Jay Dicharry, MPT, SCS
- 1:15 – 2:00 **Strength and Conditioning: Program Design for the Running Athlete**
Carrie Lane, MS, CSCS
- 2:00 – 2:45 **Plyometrics: Program Design for the Running Athlete**
Carrie Lane, MS, CSCS
- 2:45 – 3:00 Break & Exhibitors
- 3:00 – 3:45 **Recovery Options for the Runner**
Dave Hryvniak, MD
- 3:45 – 4:30 **Running Cases: Panel Discussion**
Jay Dicharry, MPT, SCS
- 4:30 – 5:00 Question/ Answer

Syllabus will be provided online only at www.cmevillage.com

Saturday, March 11, 2017

Location: North Grounds Recreation Center
(Breakout Sessions are limited to 100 participants; 50 in each group)

Orange Group

- 8:00 – 9:00 **Pilates for the Running Athlete**
Robin Truxel, MS
- 9:00 – 10:00 **Yoga for the Running Athlete**
Mike Inge, MEd
- 10:00 – 10:15 Break
- 10:15 – 11:15 **Clinical Screening for Olympic Lifts**
Jay Dicharry, MPT, SCS
- 11:15AM – 12:15 **Plyometrics for the Running Athlete**
Carrie Lane, MS, CSCS

Blue Group

- 8:00 – 9:00 **Yoga for the Running Athlete**
Mike Inge, MEd
- 9:00 – 10:00 **Pilates for the Running Athlete**
Robin Truxel, MS
- 10:00 – 10:15 Break
- 10:15 – 11:15 **Plyometrics for the Running Athlete**
Carrie Lane, MS, CSCS
- 11:15 – 12:15 **Clinical Screening for Olympic Lifts**
Jay Dicharry, MPT, SCS

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