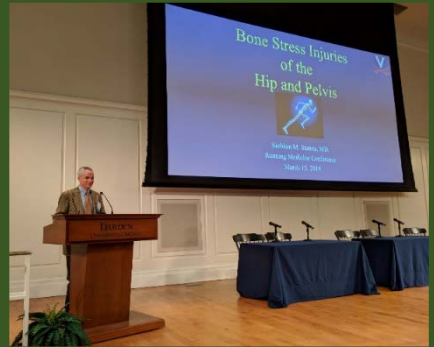


The Department of Physical Medicine and Rehabilitation at the University of Virginia Health System presents

# **RUNNING MEDICINE™ 2020**

**March 13-14, 2020**

Darden Business School, Charlottesville, VA



Provided by the Office of Continuing Medical Education of the University of Virginia School of Medicine

# PROGRAM DESCRIPTION

The Running Medicine 2020 Conference, now in its 18<sup>th</sup> year, focuses on State of the Art approaches for evaluation and management of the Running Athlete. The concentration for 2020 will present updates on the evidence on a variety of common and controversial topics within this specific population. The topics to be covered this year include: entrapment neuropathies of the foot and ankle including surgical management, clinical gait analysis, gait re-training, runners dystonia, case based approaches to common running injuries and cardiovascular screening for the running athlete. The didactic session will include two panel discussions comprised of our expert speakers. After Friday's session, those interested may join an informal run through scenic Charlottesville.

Saturday Workshop/Lab sessions (special registration required) will include Foot strengthening and optimization, Neural dynamics, strength training for the running athlete and treatment approaches to running pathomechanics.

## LOCATION

The conference will be held at 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.

## LODGING

A block of rooms has been reserved for course participants at the Hampton Inn & Suites At the University, 900 W. Main Street, Charlottesville, VA 22903. To reserve your accommodation please call the hotel at 434-923-8600 or Central reservations at 800-426-7866 and identify yourself as a participant in the "Running Medicine 2020 Conference Room Block" to ensure that you receive the preferred conference rate of \$139.00 + taxes. Attendees may also use the following link <https://tinyurl.com/RunMed2020RoomBlock>.

Based on availability, the room rates will be honored three (3) days prior and following the event dates. Complimentary shuttle services are available through arrangements at the front desk. Reservations must be made by Sunday, February 23, 2020 to ensure the conference preferred rate. Any reservations made after Sunday, February 23, 2020 will be made on a space and rate available basis only.

# EDUCATIONAL OBJECTIVES

**At the completion of this course, participants will be able to:**

1. Understand the best available evidence for evaluation of nerve entrapments at the foot and ankle in the running athlete
2. Identify conservative treatments, including orthotics, shoe wear modification, stretching, therapy, targeted injections, as well as possible surgical interventions that may help the patient
3. Recognize the benefit of bedside ultrasound as a tool for the extension of the physical exam and interventions
4. Identify candidates for a treadmill running analysis while describing "The S's of Treadmill Running Analysis" to determine necessary and appropriate gait retraining priorities
5. Describe, administer, and interpret a battery of physical performance tests (PPTs) used to challenge runners in a manner consistent with the performance demands of the sport and identify any outstanding impairments while determining one's readiness to return to consistent training
6. Diagnose and determine the most appropriate treatment for the runner with dystonia
7. Assemble an appropriate sports specific neuromuscular warm-up for young athletes and develop a plan for preventative care
8. Recognize the importance of a Sports Cardiologist as part of the Sports Medicine Team in continued care of the athlete
9. Identify the three essential criteria for proper foot function, how it is impaired by motion block and how to restore proper lower quarter function in the foot
10. Use assessment and treatment of neurodynamics in order to fully address foot and ankle pathologies that will improve outcomes of patient dysfunction.
11. Recognize a difference between strength training for absolute strength and strength training for runners and that they should be programmed differently to complement a run training regimen
12. Discuss the kinematics and kinetics of the running gait as well as various modes of resistance training with specific exercises that can be used to challenge runners to restore load capacity using an autoregulatory approach

# FACULTY

## PLANNING COMMITTEE

### **Robert P. Wilder, MD, FACS**

(Course Director)  
Professor & Chair  
UVA Department of Physical  
Medicine & Rehabilitation  
Charlottesville, VA

### **Jay Dicharry, MPT, SCS**

Director, REP Biomechanics Lab  
Rebound Physical Therapy  
Bend, OR

### **David J. Hryvniak, DO, CAQSM**

Assistant Professor  
UVA Department of Physical  
Medicine & Rehabilitation  
Charlottesville, VA

### **Eric M. Magrum, DPT, OCS, FAAOMPT**

Orthopedic Physical Therapy  
Residency Director  
UVA Outpatient Therapy at Fontaine  
Charlottesville, VA

### **Siobhan M. Statuta, MD, CAQSM**

Associate Professor  
UVA Department of Family Medicine  
Charlottesville, VA

### **Eva C. Casola, MBA**

Program Manager  
UVA Continuing Medical Education  
Charlottesville, VA

## VISITING SPEAKERS

### **Ann M. Dunn, MS, CPT**

Owner / Founder  
Formula Complete Fitness,  
Charlottesville, VA

### **Mark Hallett, MD**

Senior Investigator  
National Institute of Health  
Bethesda, MD

### **Christopher Johnson, MTP, MCMT, ITCA**

Owner & Director; CEO & Co-Founder  
Zeren PT & Performance  
RunCadence  
Seattle, WA

### **Kristin M. Kelley, PT, DPT, OCS, FAAOMPT**

Director of Clinical Operations  
Physical Therapist  
Phoenix Rehabilitation & Health Services  
Goochland, VA

## UVA FACULTY

### **Robert W. Battle, MD**

Professor  
Cardiovascular Medicine

### **Joseph S. Park, MD**

Associate Professor  
Department of Orthopedics

# AGENDA

FRIDAY, MARCH 13, 2020 – Darden Business School, Abbott Auditorium

7:00-8:00	Breakfast & Registration	
8:00-8:10	Welcome	Robert P. Wilder, MD, FACSM
8:10-9:40	Entrapment Neuropathy of the Foot & Ankle	Robert P. Wilder, MD, FACSM Eric M. Magrum, DPT,OCS,FAAOMPT
	Surgical Management of Foot/Ankle Entrapment Neuropathy	Joseph Park, MD
9:40-10:00	Break & Exhibitors	
10:00-10:45	Clinical Ultrasound for the Diagnosis and Management of Entrapment Neuropathies of the Foot/Ankle	David J. Hryvniak, DO, CAQSM
10:45-11:45	<b>Keynote:</b> Demystifying Treadmill Running Analysis using "The S's."	Christopher Johnson, MPT,MCMT,ITCA (Keynote)
11:45-12:15	Panel	Robert P. Wilder, MD, FACSM Eric M. Magrum, DPT,OCS,FAAOMPT Joseph Park, MD David J. Hryvniak, DO, CAQSM Christopher Johnson, MPT,MCMT,ITCA
12:15-1:15	Lunch & Exhibitors	
1:15-2:15	<b>Keynote:</b> "When Can I Run?" - An Evidence Base Approach to Answer Every Runner's Most Pressing Question	Christopher Johnson, MPT,MCMT,ITCA (Keynote)
2:15-3:00	Runner's Dystonia	Mark Hallett, MD
3:00-3:15	<b>Break &amp; Exhibitors</b>	
3:15-4:00	Creating Little Life-Long Athletes	Jay Dicharry, MPT, SCS
4:00-4:45	Comprehensive Cardiovascular Care of the Elite Runner	Robert W. Battle, MD
4:45-5:15	Panel	Christopher Johnson, MPT,MCMT,ITCA Mark Hallett, MD Jay Dicharry, MPT, SCS Robert W. Battle, MD
5:15	Adjourn & Run	

\*Course syllabus will be online only at [www.cmevillage.com](http://www.cmevillage.com)

# AGENDA (cont.)

**SATURDAY, MARCH 14, 2020 – North Grounds Recreation Center**

**NOTE: Registration for the Saturday sessions begins at 7:30 AM.** Attendees will be divided into groups at registration to prevent overcrowding. **PRE-REGISTRATION FOR SATURDAY IS REQUIRED.**

8:00-9:00 Rebuilding the Foot Jay Dicharry, MPT, SCS

9:00-10:00 Neural Dynamics Kristin Kelley PT, DPT, OCS, FAAOMPT

10:00-10:15 Break

10:15-11:15 Strength Training for the Running Athlete Anne Dunn, MS, CPT  
Jason Dunn, MED

11:15-12:15 Resistance Training for Runners - Christopher Johnson, MPT, MCMT, ITCA  
Who, What, When, Where, Why

12:15 Adjourn

\*Course syllabus will be online only at [www.cmevillage.com](http://www.cmevillage.com)

## 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 **7.50 AMA PRA Category 1 Credits™** for Friday and **4.00 AMA PRA Category 1 Credits™** for Saturday. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine, as accredited provider, awards **7.50 hours of participation** for Friday and **4.00 hours of participation** for Saturday (consistent with the designated number of *AMA PRA Category 1 Credits™*) to a participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

## PARKING

Parking is free of charge Friday in the Darden Parking Garage for conference registrants and on Saturday at the North Ground Recreation Center for conference lab participants.

## SPECIAL NEEDS

Please update your profile online at [www.CMEVillage.com](http://www.CMEVillage.com) and email the CME Office ([UVACME@Virginia.edu](mailto:UVACME@Virginia.edu)) with special needs.

## REGISTRATION

Registration is available at [www.cmevillage.com](http://www.cmevillage.com) under the red Learning Portal link. Registration fees for this conference include lectures, case discussions, an online syllabus, free parking and Wi-Fi, breakfast, lunch and snacks on Friday along with an optional running activity Friday evening after the conference. Free parking and a snack will be provided on Saturday for those attending the lab (**pre-registration required for Saturday Lab; limited to 100 participants**).

	Early Registration closes midnight 2/13/20	Late Registration from 2/14/20 until midnight 3/8/20	Walk-in Registration Fee
Physicians and Fellows	\$350	\$450	\$550
Other Healthcare Professionals	\$250	\$350	\$450
Students and Residents	\$250	\$350	\$450
Saturday Lab Session *	\$100	\$100	N/A

**\* PRE-REGISTRATION IS REQUIRED; LIMITED TO 100 PARTICIPANTS**

## CONFIRMATION & CANCELLATION POLICY

Upon receipt of registration AND payment, you will receive an email confirmation and EPay receipt. Please keep this confirmation for your records. Registration fees will be refunded (less a \$50 administrative fee) for written email 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 CE activities if necessary. In this case, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CE activity are the sole responsibility of the participant.

## CONTACT INFORMATION

Eva Casola, MBA

Program Manager, Office of Continuing Medical Education

[EvaC@virginia.edu](mailto:EvaC@virginia.edu) ; 434-924-1657