

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

# ***RUNNING MEDICINE™*** 2019

**March 15-16, 2019**

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



UNIVERSITY  
of VIRGINIA  
HEALTH SYSTEM

School of Medicine

***UVA-HEALTHSOUTH*** 

## PROGRAM DESCRIPTION

The Running Medicine 2019 Conference, now in its 17<sup>th</sup> year, focuses on State of the Art approaches for evaluation and management of the Running Athlete. The concentration for 2019 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: anterior hip pain and hip arthroscopy, bone stress injuries of the hip and pelvis, pelvic floor dysfunction in the running athlete, entrapment neuropathies of the hip and pelvis, running and triathlon following total joint arthroplasty, upper quarter influence of running, and overtraining and fatigue syndrome. 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 upper quarter influence on running, thoracic manual therapy for the running athlete, examination and treatment tips for pelvic floor dysfunction in the runner and a Pilates based treatment for the runner with pelvic floor dysfunction.

## EDUCATIONAL OBJECTIVES

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

1. Evaluate and manage anterior hip pain in runners
2. List indications for hip arthroscopy
3. Develop treatment strategies for the runner with pelvic floor dysfunction
4. Describe evaluation and treatment options for runners with stress fractures and entrapment neuropathies of the hip and pelvis
5. List recommendations for the runner and triathlete with Total Joint Replacement
6. Evaluate and treat the runner with fatigue
7. Describe the influence of the Upper Quarter on running mechanics and performance

## COURSE FACULTY

| PLANNING COMMITTEE                               | TITLE  | AFFILIATION  |
|--|--|--|
| Robert P. Wilder, MD, FACSM<br><b>(Director)</b> | Professor & Chair                              | UVA Department Physical Medicine & Rehabilitation, Charlottesville, VA |
| Jay Dicharry, MPT, SCS                           | Director, <i>REP Biomechanics Lab</i>          | Rebound Physical Therapy, Bend, OR                                     |
| David J. Hryvniak, DO, CAQSM                     | Assistant Professor                            | UVA Department Physical Medicine & Rehabilitation, Charlottesville, VA |
| Eric M. Magrum, DPT, OCS, FAAOMPT                | Orthopedic Physical Therapy Residency Director | UVA HealthSouth, 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

|   |   |   |
|---|---|---|
| Kari E. Brown Budde, PT, DPT, SCS<br><b>(Keynote)</b> | Owner, Developer,<br>Physical Therapist           | Endurance Athletes Physical Therapy<br>& Sport Performance, Columbus, OH        |
| B. Kent Diduch, MD, FAAFP                             | Associate Professor,<br>ATC & PA Medical Director | James Madison University,<br>Department of Health Sciences,<br>Harrisonburg, VA |
| John H. Post, III, MD, MBA                            | Orthopaedic Surgeon                               | Sentara Martha Jefferson,<br>Charlottesville, VA                                |
| Robin L. Truxel, MSPT                                 | Owner   | TruPilates,<br>Charlottesville, VA  |

## UVA SPEAKERS

|   |                     |  |
|---|---------------------|--|
| Frank W. Gwathmey, MD                         | Assistant Professor | UVA Orthopaedic Surgery, Sports<br>Medicine Division |
| Michael W. McMurray, PT, DPT, OCS,<br>FAAOMPT | Physical Therapist  | UVA HealthSouth<br>Charlottesville, VA               |

## AGENDA

Friday March 15, 2019

Darden Business School  
Charlottesville, VA

|       |   |  |
|-------|---|--|
| 7:30  | Breakfast/Registration/Exhibitors                                   |  |
| 8:00  | Welcome   | Robert P. Wilder, MD, FACSM                                |
| 8:10  | Anterior Hip Pain in the Runner                                     | Robert P. Wilder, MD, FACSM                                |
|       | Hip Arthroscopy Update/Review                                       | Eric M. Magrum, DPT, OCS, FAAOMPT<br>Frank W. Gwathmey, MD |
| 9:40  | Break & Exhibitors  |  |
| 10:00 | Bone Stress Injuries of the Hip and Pelvis                          | Siobhan M. Statuta, MD, CAQSM                              |
| 10:45 | Pelvic Floor Dysfunction in the Running Athlete<br><b>(Keynote)</b> | Kari E. Brown Budde, PT, DPT, SCS                          |
| 11:45 | Panel Discussion  | Morning Speakers   |
| 12:15 | Lunch & Exhibitors  |  |
| 1:15  | Entrapment Neuropathies of the Hip and Pelvis                       | David J. Hryvniak, DO, CAQSM                               |
| 2:00  | Running and Triathlon Following Total Joint<br>Arthroplasty         | John H. Post, III, MD, MBA                                 |
| 2:45  | Break & Exhibitors  |  |
| 3:00  | Upper Quarter Influence of Running                                  | Jay Dicharry, MPT, SCS                                     |
| 3:45  | Overtraining and Fatigue Syndrome                                   | B. Kent Diduch, MD, FAAFP                                  |
| 4:30  | Panel Discussion  | Afternoon Speakers   |
| 5:00  | Adjourn & Run   |  |

Saturday March 16<sup>th</sup>

North Grounds Recreation Center  
Charlottesville, VA

|   |  |
|---|--|
| Upper Quarter Influence on Running Lab  | Jay Dicharry, MPT, SCS                     |
| Thoracic Manual Therapy for the Running Athlete                                   | Michael W. McMurray, PT, DPT, OCS, FAAOMPT |
| Break   |  |
| Examination and Treatment Tips for Pelvic Floor Dysfunction in the Runner         | Kari E. Brown Budde, PT, DPT, SCS          |
| Techniques for Pelvic Floor Relaxation, Activation and Coordination With the Core | Robin L. Truxel, MSPT                      |
| Adjourn   |  |

**NOTE:** Saturday sessions begin at 8:00 AM; attendees will be divided into groups (Blue and Orange) so as to prevent overcrowding. Group assignments will be distributed as part of the registration process.

### 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 **7.25 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 awards **7.25 hour of participation for Friday** and **4.00 hours of participation for Saturday** (equivalent to *AMA PRA Category 1 Credits™*) 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 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.

### PARKING

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.

### LODGING

A block of rooms has been reserved for course participants at The Inn at Darden, conveniently located at our meeting venue. To reserve your accommodation please call (434) 297-7384 and identify yourself as a participant in the "**Running Medicine Conference Room Block**" to ensure that you receive the preferred conference rate of **\$155.00**.

Based on availability, the room rates will be honored three (3) days prior and following the event dates – perfect for your extended weekend stay. Reservations must be made by **Wednesday, February 21, 2019** to ensure the conference preferred rate. Any reservations made after Wednesday, February 21, 2019 will be made on a space and rate available basis only. All conference lodging rates are not inclusive of applicable taxes. 10.3% government taxes will be added to all overnight guestroom reservations.

## SPECIAL NEEDS

Please email the CME Office ([uvacme@virginia.edu](mailto:uvacme@virginia.edu)) with special needs or to update your profile.

## REGISTRATION

Registration is available at [cmevillage.com](http://cmevillage.com). Registration fees for this conference include lectures, case discussions, an online syllabus, free parking and free Wi-Fi, breakfast, lunch and snacks on Friday and 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<br>until midnight 2/14/19 | Late registration<br>from 2/15/19 until<br>midnight 3/10/19 | Walk-in Registration<br>3/11/19 & Later |
|--|--|---|---|
| Physicians/Fellows:  | \$350  | \$450   | \$550                                   |
| Other Healthcare<br>Professionals:   | \$250  | \$350   | \$450                                   |
| Students/Residents:  | \$250  | \$350   | \$450                                   |
| Saturday Lab Session<br><b><u>(pre-registration required;<br/>limited to 100<br/>participants)</u></b> | \$100  | \$100   | N/A                                     |

### REGISTRATION CLOSING AT MIDNIGHT SUNDAY, MARCH 10, 2019.

*All registrations after that date will be considered walk-in and will be charged at the higher price.*

## 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

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