

The Department of  
Physical Medicine and Rehabilitation and UVA Physical Therapy  
present

# ***RUNNING MEDICINE™*** 2021

MARCH 12-13, 2021

To be held Virtually this year

Friday: Didactic

Saturday: Research Day\*

KEYNOTE SPEAKER:  
Jon Finnoff, DO



PROVIDED BY THE OFFICE OF CONTINUING MEDICAL EDUCATION  
UNIVERSITY OF VIRGINIA, SCHOOL OF MEDICINE

\*Request the *Call for Abstract* to submit your  
research or contact Eva Casola at  
[EvaC@virginia.edu](mailto:EvaC@virginia.edu) for more information

## PROGRAM DESCRIPTION

The Running Medicine 2021 Conference, now in its 19<sup>th</sup> year, will be virtual for the second time in its history. We are proud to have with us this year as our Keynote, Jon Finnoff, from the US Olympic & Paralympic Committee (USOPC) and UVA's Vin Lananna, President of UVA Track & Field. Content will continue to focus on State of the Art approaches for evaluation and management of the Running Athlete and will include: evaluation and management of posterior hip pain, proximal hamstring tendinopathy, extra articular hip surgery management, gait analysis, treatment options for chronic exertional compartment syndrome and popliteal artery entrapment syndrome, learning how USOPC is responding to COVID-19 in their preparation for Tokyo 2021, mental health of the running athlete, an update from USA Track & Field and regenerative medicine for tendinopathy. Friday's didactic session will include two panel discussions comprised of our expert speakers. The usual Saturday session will, for the first time, be included in the price of registration and will feature exciting research focusing on the running athlete presented by selected authors.

## EDUCATIONAL OBJECTIVES

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

1. Generate a broad differential diagnosis for the runner with posterior hip pain, list distinguishing presenting features and outline targeted rehabilitation measures.
2. Summarize the best available evidence for evaluation and management of proximal hamstring tendinopathy in the running athlete.
3. List specific indications and available procedures for hip soft tissue surgery for the running athlete.
4. Explain how tissue length, lumbopelvic position and free moment influence hamstring strain in runners.
5. Describe new minimally invasive techniques and appropriate indications for the management of chronic exertional compartment syndrome and popliteal artery entrapment syndrome.
6. Apply COVID-19 strategies in their clinic to mirror approved measures implemented by United States Olympic and Paralympic training in preparation for the Tokyo 2021 games.
7. Have improved awareness and understanding of how pervasive mental health disorders are especially in light of the pandemic.
8. Optimize training and performance by facilitating use of the available options noted through the USA Track and Field program development.
9. Discuss current research on how best to invoke regenerative medicine as an adjunct of conservative care.
10. Describe scientific research and case based abstracts presented during the Running Medicine 2021 conference research activity.

FACULTY		*PLANNING COMMITTEE
Robert P. Wilder, MD, FACS <sup>M</sup> * (Committee Chair)	Professor & Chair	UVA Department of Physical Medicine & Rehabilitation
Eric M. Magrum, DPT, OCS, FAAOMPT*	Orthopaedic Physical Therapy Residency Director	UVA Physical Therapy at Fontaine
Jay Dicharry, MPT, SCS*	Founder & CEO	MOBO, LLC Bend, OR
Siobhan M. Statuta, MD, CAQSM*	Assistant Professor	UVA Family Medicine
David J. Hryvniak, DO, CAQSM*	Assistant Professor	UVA Department of Physical Medicine & Rehabilitation
Jonathan T. Finnoff, DO	Chief Medical Officer	US Olympic & Paralympic Committee, Co. Springs, CO
F. Winston Gwathmey, MD	Associate Professor	UVA Orthopaedic Surgery
Vincent Lananna, MA	Director, Track & Field and Cross Country	UVA Athletic Department
Eva C. Casola, MBA*	Program Manager	UVA Continuing Medical Education

## 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 **12.00 AMA PRA Category 1 Credits™**. 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 up to **12.00 hours of participation** (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.

## OTHER CREDIT PENDING

- Athletic Trainer Credit (BOC)
- Virginia Physical Therapy Association (VPTA)

## AGENDA

**Friday March 12, 2021**

8:00-8:10	Welcome	Robert P. Wilder, MD, FACSM
8:10-9:40	Evaluation and Management of the Runner with Posterior Hip Pain – A Case based approach	Robert P. Wilder, MD, FACSM
	Proximal Hamstring Tendinopathy in the Runner	Eric M. Magrum, DPT, OCS, FAAOMPT
	Extra articular Hip Surgical Management	F. Winston Gwathmey
9:40-10:00	AM Break	
10:00-10:30	Get Hip: More understanding from your gait analysis	Jay Dicharry, MPT, SCS
10:30-11:30	Minimally Invasive Treatment Options for Chronic Exertional Compartment Syndrome and Popliteal Artery Entrapment Syndrome	Jonathan Finoff, DO <b>Keynote</b>
11:30-12:00	Panel	Morning Speakers
12:00-1:00	Lunch Break	
1:00-2:00	USOPC Response to COVID-19 and Preparation for Tokyo 2021	Jonathan Finoff, DO <b>Keynote</b>
2:00-2:45	Managing the Mental Health of the Running Athlete	Siobhan Statuta, MD
2:45-3:00	PM Break	
3:00-3:45	Track & Field's Next 7 Years: The Golden Age	Vin Lananna, MA
3:45-4:30	Regenerative Medicine for Tendinopathy	David J. Hryvniak, DO, CAQSM
4:30-5:00	Panel	Afternoon Speakers
5:00	Adjourn	

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

**Saturday March 13, 2021**

8:00-9:00	(3) 20-minute presentations
9:00-10:00	(3) 20-minute presentations
10:00-10:15	Break
10:15-11:00	Research Keynote
11:00-11:20	Break
11:20-12:00	(2) 20-minute presentations
12:00 – 1:00	(3) 20-minute presentations



### CONTACT INFORMATION

**Eva Casola, MBA**  
**Program Manager**  
**Office of Continuing Medical Education**  
[EvaC@virginia.edu](mailto:EvaC@virginia.edu); 434-924-1657

## REGISTRATION

Online Registration and Payment is available at [www.cmevillage.com](http://www.cmevillage.com) (visit our Learning Portal or Upcoming Events). *Please Note:* Policies on special needs, payment methods, and cancellation can be found on the site in the FAQs. For additional questions, please contact [UVACME@VIRGINIA.EDU](mailto:UVACME@VIRGINIA.EDU) or 434-924-5310

**Registration closes  
midnight 3/9/21**

**Physicians & Fellows \$350**

**Other Healthcare Professionals \$250**

**Students and Residents \$250**

**Saturday Research Session INCLUDED**

**\*NO REGISTRATION AFTER 3/9/21**

**REGISTRANTS WILL RECEIVE A  
ZOOM LINK WEDNESDAY OR  
THURSDAY THE WEEK  
OF THE CONFERENCE**

**Videos\* will be available to  
registered attendees for 30 days  
after the conference**

\*excludes the Dicharry talk due to copyright issues. PDF presentation will be available with other online materials