

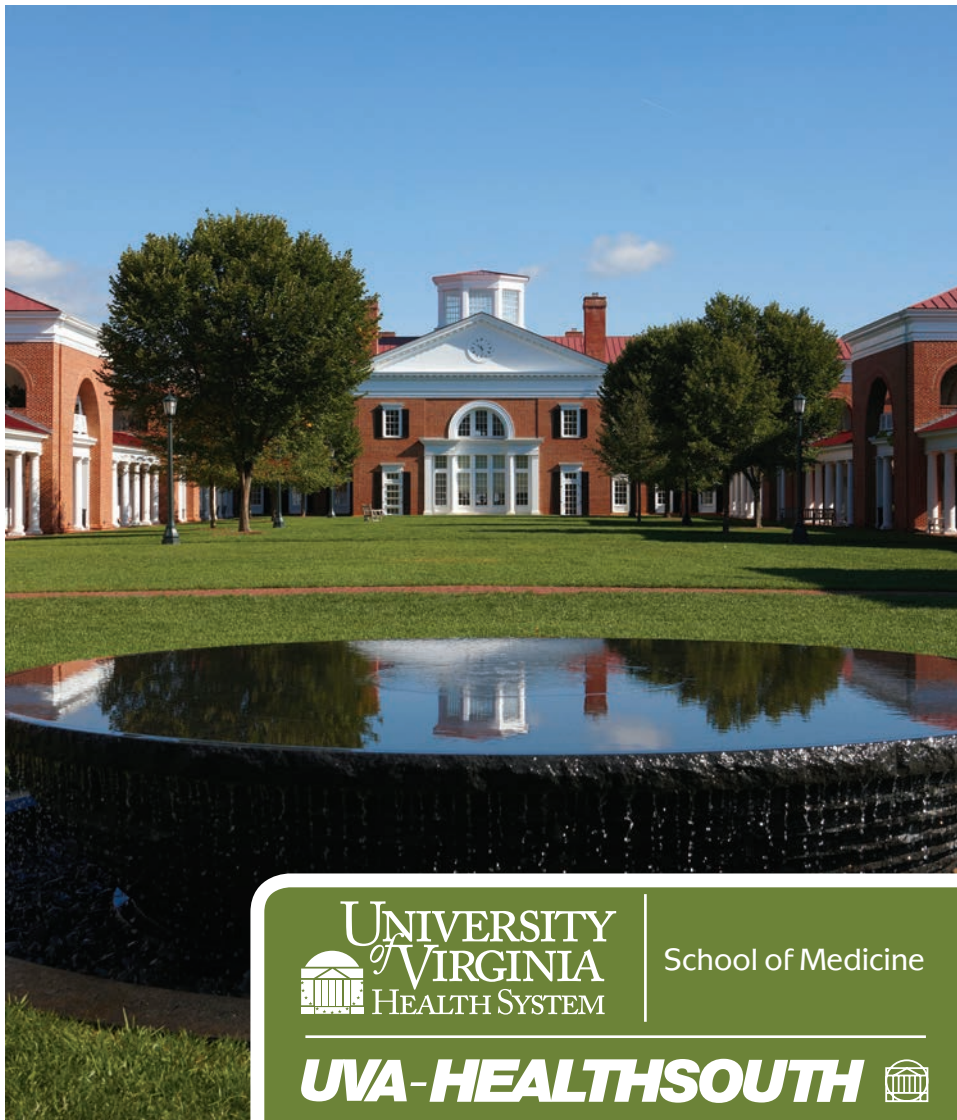
The Department of Physical Medicine and Rehabilitation at the
University of Virginia Health System
presents

RUNNING MEDICINE™ 2015

March 6-7, 2015

University of Virginia Darden School of Business
Charlottesville, Virginia

Sponsored 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

Running Medicine 2015 will focus evidence based approach to proximal and distal components of common lower quarter injuries in the running athlete; including medical management, rehabilitation, surgical management, and gait retraining. Friday's conference schedule will be didactic in nature, with case studies and ample time for audience engagement and Q&A. The conference will conclude on Saturday morning with series of 4 lab-based sessions.

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.

Goals and Objectives

Following this conference, participants will be better able to:

1. Discuss the clinical presentation of, treatment for, and return to exercise recommendations for patients with Osteitis Pubis and Achilles Tendinopathy
2. Describe common injuries/disease of the hip and pelvis, their diagnosis and treatment
3. Outline surgical management options for common hip injuries in the running athlete
4. Discuss proximal and distal pathomechanics of common injuries in the running athlete
5. Describe traditional sports nutrition and guidelines
6. Discuss effective nutrition recommendations for recovery and performance
7. Identify effective clinical and lab gait analysis tools

Syllabus

In an effort to be more environmentally responsible, this year's syllabus will be available electronically and can be downloaded beginning Monday, March 5, 2015. 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 paper syllabus.

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 is available at Darden.

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

Hours of Participation Statement

The University of Virginia School of Medicine awards **7.5 hours of participation** (equivalent to **7.5 AMA PRA Category 1 Credits.™**) to each non-physician participant who successfully completes this educational activity on Friday and 4.25 hours of participation for Saturday. The University of Virginia School of Medicine maintains a permanent record of participation for six (6) years.

Accommodations

A block of rooms has been reserved at The Inn at Darden (100 Darden Blvd.) for a rate of \$135/night. Please call 434-243-5000 for reservations prior to February 5, 2014. Attendees will need to make their own reservations using the group name: Running Medicine.

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 UVA Office of Continuing Medical Education, Box 800711, Charlottesville, VA 22908, or to uvacme@virginia.edu. Some of the conference venues used by the University of Virginia Office of Continuing Medical Education are registered historic properties and may not be fully ADA accessible. Please feel free to contact the facility if you have specific questions.

Registration

The registration fee includes course materials, and all meals and breaks indicated on the program. Registration is online only at www.cmevillage.com.

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 (emails and fax requests are acceptable) received in writing 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 at
University of Virginia, Team Physician, Ragged
Mountain Racing

Course Co-Directors

Eric Magrum, PT, DPT, OCS, FAAOMPT,
University of Virginia/HealthSouth Outpatient
Sports Medicine, Senior Physical Therapist,
University of Virginia/HealthSouth Orthopedic
Residency Director

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

James Myers, Administrative Director,
Physical Medicine and Rehabilitation,
University of Virginia

Guest Faculty

Reed Ferber, PhD, CAT(C), ATC (Keynote)
Director, Running Injury Clinic
University of Calgary

Patricia Deuster, PhD, MPH
Professor, Department of Military and
Emergency Medicine, Uniformed Services
University of the Health Sciences

Jay Dicharry, MPT, SCS

REP Biomechanics Lab, Director, Rebound
Physical Therapy, Bend, OR

Martin Katz, MD,
Revolution Health Center

UVA Faculty

Ugo Della Croce, PhD, Associate Professor,
Physical Medicine and Rehabilitation,
University of Virginia

Winston Gwathmey, MD
Assistant Professor of Orthopaedic Surgery
Associate Team Physician, University of
Virginia, James Madison University

Eric Magrum, PT, DPT, OCS, FAAOMPT,
University of Virginia/HealthSouth Outpatient
Sports Medicine, Senior Physical Therapist,
University of Virginia/HealthSouth Orthopedic
Residency Director

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

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 participant. 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.

Registration Fees Running Medicine 2014*

	Before 2/6/2015	Effective 2/7/2015
Physicians	\$350	\$400
Other Health Care	\$250	\$300
Saturday Lab (Additional Fee)	\$100	\$100

* 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/go/ed-benefit

Contact Information

Registration Questions

Bebe Moore

Registrar, UVA CME

434-924-5310

uvacme@virginia.edu

Program, Lodging etc.

Tricia Wilson, MS

CME Program Manager

434-924-1657

tricia_wilson@virginia.edu

Attendance and Certificate Distribution

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. Participants are responsible for accurately tracking their actual participation at live events

Running Medicine | Program Agenda

Friday, March 6, 2015

7:20 – 7:50 AM	Registration and breakfast
7:50 – 8:00 AM	Welcome and introductions Robert Wilder, MD, FACSM
8:00 – 10:15 AM	Runner's Clinic Case Studies: Evidence Based Approach - Osteitis Pubis/Achilles Tendinopathy Robert Wilder, MD, FACSM Eric Magrum DPT OCS FAAOMPT Jay Dicharry MPT CSCS
10:15 -10:30 AM	Break
10:30 – 11:15 AM	Hip Injuries in Athletes F. Winston Gwathmey, MD
11:15 – 12:00 PM	Keynote: Lumbopelvic Dysfunction for the Running Athlete Reed Ferber, PhD, CAT(C), ATC
12:00 – 1:00 PM	Lunch
1:00 – 1:45 PM	Keynote: Foot and Ankle Dysfunction for the Running Athlete Reed Ferber, PhD, CAT(C), ATC
1:45 – 2:30 PM	The History & Future of Gait Analysis Tools Ugo Della Croce, PhD
2:30 – 3:15 PM	Traditional Sports Nutrition & Guidelines Patricia Deuster, PhD, MPH
3:15 – 4:00 PM	Nutrition for Recovery and Performance Martin Katz, MD
4:00 – 4:30 PM	Q & A

Saturday, March 7, 2015 (Labs are limited to 100 participants; 50 in each group)

Orange Group

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| 8:00 – 9:00 AM | Over-the-Counter Options to Keep Them on the Road
Robert Wilder, MD, FACSM and Mark Lorenzoni |
| 9:00 – 10:00 AM | Orthotic Assessment and Shoe Wear Assessment
Reed Ferber, PhD, CAT(C), ATC |
| 10:00 – 10:15 AM | Break |
| 10:15 – 11:15 AM | Implementing a Strength and Conditioning Program
for Runners
Jay Dicharry, MPT, SCS |
| 11:15 AM – 12:15 PM | Manual Therapy Approach for the Hip/Pelvis in the
Running Athlete
Eric Magrum, DPT, OCS, FAAOMPT |
| 12:15 – 12:30 PM | Questions/Wrap Up |

Blue Group

- | | |
|---------------------|--|
| 8:00 – 9:00 AM | Manual Therapy Approach for the Hip/Pelvis in the
Running Athlete
Eric Magrum, DPT, OCS, FAAOMPT |
| 9:00 – 10:00 AM | Implementing a Strength and Conditioning Program
for Runners
Jay Dicharry, MPT, SCS |
| 10:00 – 10:15 AM | Break |
| 10:15 – 11:15 AM | Orthotic Assessment and Shoe Wear Assessment
Reed Ferber, PhD, CAT(C), ATC |
| 11:15 AM – 12:15 PM | Over-the-Counter Options to Keep Them on the Road
Robert Wilder, MD, FACSM and Mark Lorenzoni |
| 12:15 – 12:30 PM | Questions/Wrap Up |