

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

RUNNING MEDICINE™ 2014

March 7 - 8, 2014

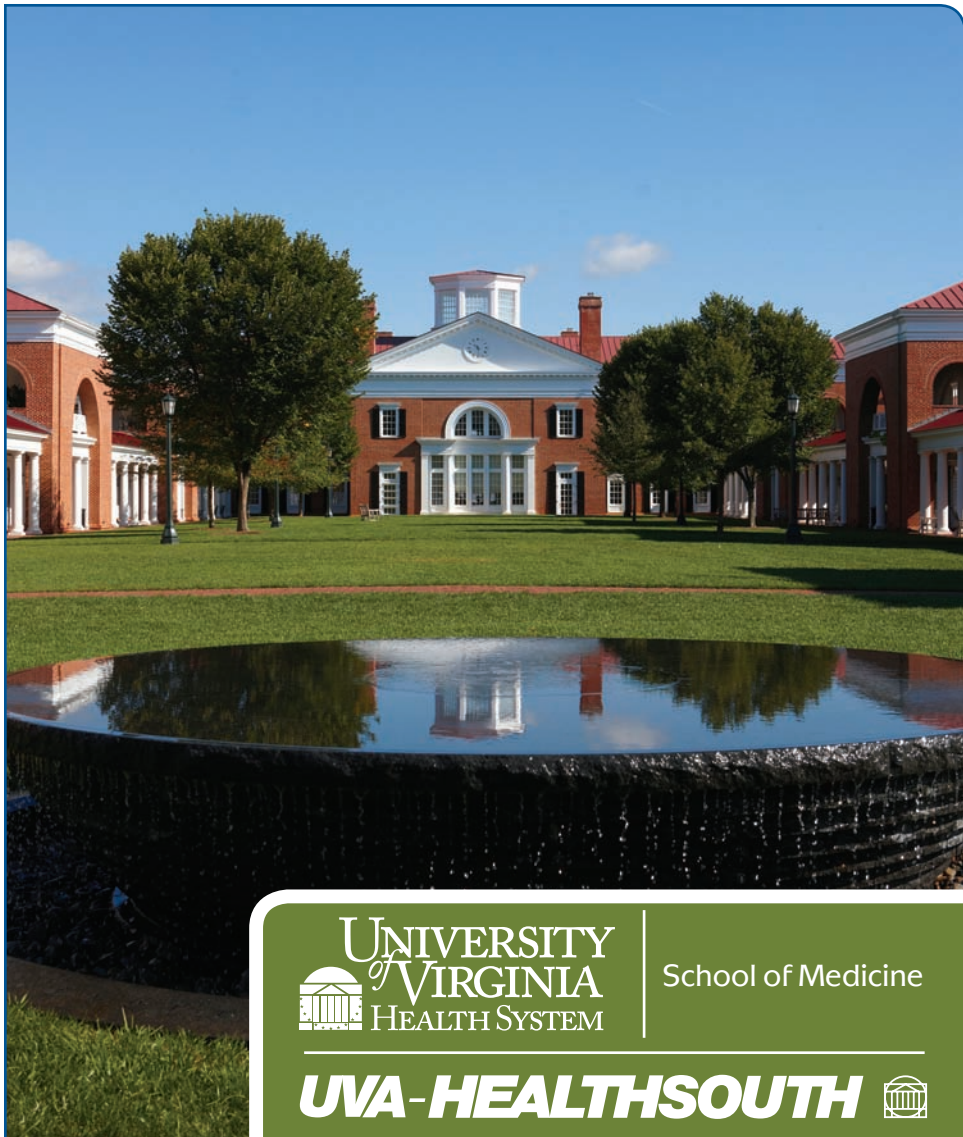
University of Virginia Darden School of Business
Charlottesville, Virginia

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



School of Medicine

UVA Health System
Office of Continuing Medical Education
Box 800711, Charlottesville, VA 22908-0711



Program Description

Running Medicine 2014: From the Lab to the Clinic will focus on strength, power and endurance training, as well as injuries and common complaints associated with the foot, focusing on evaluation, stabilization, and treatment.

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:

- Discuss the clinical presentation of, treatment for, and return to exercise recommendations for patients with exertional rhabdomyolysis
- Describe common injuries/disease of the foot, their diagnosis and treatment
- Outline surgical management options for the first ray and hallux valgus deformities
- Explain effective sprint mechanics
- Describe effects of different footstrike patterns during running
- Discuss biomotor aspects of speed and endurance
- Identify techniques to clinically prepare for speed and power development

Syllabus

In an effort to be more environmentally responsible, this year's syllabus will be available electronically and can be downloaded beginning Monday, March 4, 2014. 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 **8.25 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 8.25 hours of participation (equivalent to **4.25 AMA PRA Category 1 Credits™**) to each non-physician participant who successfully completes this educational activity on Friday and 5.25 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 28, 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.

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

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

Guest Faculty

Brad DeWeese, Sports Physiologist, United States Olympic Committee

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

Francis O'Connor, MPH, COL, MC, USA, Medical Director, Human Performance Laboratory, Uniformed Services University of the Health Sciences

UVA Faculty

Silvia Blekmer, PhD, Associate Professor of Biomedical Engineering, Associate Professor of Mechanical and Aerospace Engineering, University of Virginia

John MacKnight, MD, Professor of Internal Medicine, Orthopaedic Surgery Primary Care Team Physician, UVA Athletics, University of Virginia Health System

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

Joseph Park, MD, Assistant Professor of Orthopaedic Surgery, Division Head, Foot and Ankle Division, University of Virginia Health System

Siobhan Statuta, MD, CAQSM, Director, Primary Care, Sports Medicine Fellowship, Assistant Professor, Family Medicine and Physical Medicine & Rehabilitation, Team Physician, UVA Sports Medicine, University of Virginia Health System

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

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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 2/7/2014 | Effective 2/8/2014 |
|-------------------------------|-----------------|--------------------|
| 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

Tricia Wilson, MS

Program Manager, Office of Continuing Medical Education
434-924-1657 (phone)
434-982-1415 (fax)
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 7, 2014

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|------------------|---|
| 7:20 – 7:50 AM | Registration and breakfast |
| 7:50 – 8:00 AM | Welcome and introductions Robert Wilder, MD, FACSM |
| 8:00 – 8:45 AM | Exertional Rhabdomyolysis Francis O'Connor, MD, COL, MC, USA |
| 8:45 – 9:30 AM | The Runner with Heel Pain Robert Wilder, MD, FACSM |
| 9:30 – 10:15 AM | I'm Getting Stressed Out! A Review of the Foot Stress Fractures Siobhan Statuta, MD, CAQSM |
| 10:15 – 10:30 AM | Break |
| 10:30 – 11:15 AM | Common Skin Conditions of the Running Foot John MacKnight, MD |
| 11:15 – 12:00 PM | The Great Toe Eric Magrum, DPT, OCS, FAAOMPT |
| 12:00 – 12:45 PM | Surgical Management for the (Not So) Great Toe Joseph Park, MD |
| 12:45 – 1:00 PM | O&A |
| 1:00 – 2:00 PM | Lunch |
| 2:00 – 3:00 PM | Keynote: Comprehensive Program Design for Speed Enhancement Brad DeWeese |
| 3:00 – 3:45 PM | Run Better: Clinical, Strength, and Power Preparation for Sprint and Endurance Athletes Jay Dicharry, MPT, SCS |
| 3:45 – 4:00 PM | Break |
| 4:00 – 4:30 PM | What is Happening Inside the Hamstrings Muscles During High Speed Running? Silvia Blekmer, PhD and Niccolo Fiorentino, PhD Candidate |
| 4:30 – 5:15 PM | Sprint Mechanics: Injury Profiles & Why Brad DeWeese |
| 5:15 – 5:30 PM | O&A |

Saturday, March 8, 2014 (Labs are limited to 100 participants; 50 in each group)

Orange Group

| | |
|---------------------|---|
| 8:00 – 9:00 AM | Water Running* Robert Wilder, MD, FACSM |
| 9:00 – 10:00 AM | Olympic Lifting Technique for Runners Brad DeWeese |
| 10:00 – 10:15 AM | Break |
| 10:15 – 11:15 AM | Strength & Power Drills for Runners Jay Dicharry, MPT, SCS |
| 11:15 AM – 12:15 PM | Manual Assessment and Treatment of the Foot & Ankle Eric Magrum, DPT, OCS, FAAOMPT |
| 12:15 – 12:30 PM | Questions/Wrap Up |

Blue Group

| | |
|------------------|---|
| 8:00 – 9:00 AM | Manual Assessment and Treatment of the Foot & Ankle Eric Magrum, DPT, OCS, FAAOMPT |
| 9:00 – 10:00 AM | Strength & Power Drills for Runners Jay Dicharry, MPT, SCS |
| 10:00 – 10:15 AM | Break |
| 10:15 – 11:15 AM | Olympic Lifting Technique for Runners |

*If registering for the labs, please bring appropriate attire for the pool. All labs are hands on.

