

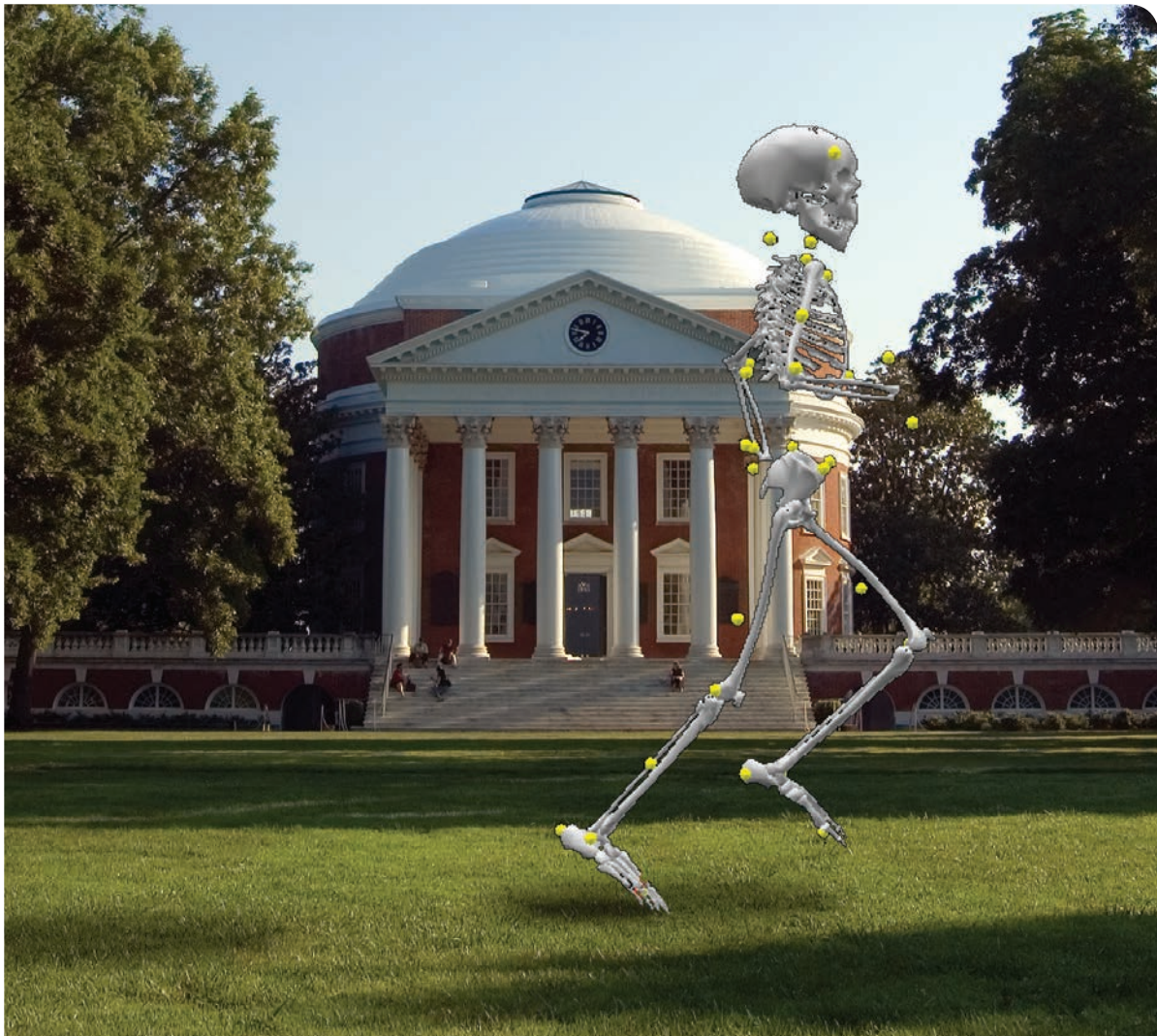
The Department of Physical Medicine and Rehabilitation at the
University of Virginia Health System
presents

***RUNNING MEDICINE™* 2018**

March 9-10, 2018

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 2018 Conference, now in its 16th year, focuses on State of the Art approaches for evaluation and management of the Running Athlete. The concentration for 2018 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: knee osteoarthritis cases; clinical decision making for footwear prescription; updates/controversies in hydration guidelines; post-operative guidelines for returning to running after knee surgery; updates on biologics/ regenerative therapies for osteoarthritis; and common nutrition controversies. After Friday's didactic session, those interested may join an informal run through scenic Charlottesville.

Saturday Workshop/Lab sessions (special registration required) will include instruction on dynamic warm up/cool down exercises; updates on trends in running footwear prescription; treatment options for runners with knee osteoarthritis; and an update on clinical running video gait analysis.

EDUCATIONAL OBJECTIVES

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

1. List conservative and operative options for the runner with knee & hip osteoarthritis
2. Prescribe appropriate footwear for runners
3. Describe recent recommendations for hydration for runners before, during and after running
4. Apply specific gait adaptations for running injuries and video gait analysis in the office setting
5. Understand levels of evidence and applications of regenerative therapies for the runner with osteoarthritis
6. Advise runners regarding proper nutrition for health and training
7. Perform a dynamic warmup and cool down routine



COURSE FACULTY

PLANNING COMMITTEE

Robert P. Wilder, MD, FACSM (Director)

Professor & Chair, Department Physical Medicine & Rehabilitation

University of Virginia, Charlottesville, VA

Eric M. Magrum, DPT, OCS, FAAOMPT

University of Virginia/HealthSouth Orthopedic Physical Therapy Residency Director

University of Virginia, Charlottesville, VA

David J. Hryvniak, DO, CAOSM

Assistant Professor, Department Physical Medicine & Rehabilitation

University of Virginia, Charlottesville, VA

Jay Dicharry, MPT, SCS

Director, REP Biomechanics Lab

Rebound Physical Therapy, Bend, OR

Eva C. Casola, MBA

Program Manager, Continuing Medical Education

University of Virginia, Charlottesville, VA

VISITING FACULTY

Patricia A. Deuster, PhD, MPH, FACSM

Professor and Director, Uniformed Services University of the Health Sciences

Anne M. Dunn, MS, CPT

Owner/Founder Formula Complete Fitness, Charlottesville, VA

Bryan C. Heiderscheit, PT, PhD

Professor, University of Wisconsin, Madison, WI

Mark Lorenzoni

Retail Owner

Ragged Mountain Running Shop, Charlottesville, VA

Francis G. O'Connor, MD, MPH, FACSM

Professor and Chair, Department of Military and Emergency Medicine

Uniformed Services University of the Health Sciences

UVA FACULTY

Eric W. Carson, MD

Associate Professor, Orthopaedic Surgery, Sports Medicine Division

Jason M. Dunn, MEd

Operations Assistant, Department of Athletics

AGENDA

Friday, March 9, 2018 · Darden Business School

- 7:30 – 8:00 AM Registration, Breakfast & Exhibitors
- 8:00 – 8:10 **Welcome and introductions**
Robert Wilder, MD, FACSM
- 8:10 – 9:40 **Knee Osteoarthritis: A Case Approach**
Robert Wilder, MD, FACSM
Eric Magrum, DPT, OCS, FAAOMPT
Eric Carson, MD
- 9:40 - 10:25 **Clinical Decision Making for Footwear**
Jay Dicharry, MPT, SCS
- 10:25 - 10:45 Break & Exhibitors
- 10:45 - 11:30 **An Update on Hydration Guidelines**
David Hryvniak, MD
- 11:30 - 12:30 **Post-Operative Guidelines: Return to Running after Knee Surgery**
Bryan Heiderscheidt, MD (Keynote)
- 12:30 - 1:30 **Lunch & Exhibitors** Provided in Abbott Dining Center
- 1:30 - 2:30 **Gait Retraining: Finding the right balance**
Bryan Heiderscheidt, MD (Keynote)
- 2:30 - 3:15 **Regenerative Therapies for Osteoarthritis of the Knee & Hip**
Fran O'Connor, MD, MPH, FACSM
- 3:15 - 3:30 **Break & Exhibitors**
- 3:30 - 4:15 **Nutrition: Controversies and Guidelines**
Patti Deuster, PhD, MPH, FACSM

Directly after the conference all attendees are invited to participate in an organized run through scenic Charlottesville. Details to be given at the conference.

SATURDAY LAB AGENDA

Saturday March 10, 2018 · North Grounds Recreational Center
(Pre-registration required; Limited to 100 Participants)

Orange Group

- 8:00 – 9:00 **Dynamic pre and post run exercise**
Anne Dunn, MS, CPT & Jason Dunn, MEd
- 9:00 – 10:00 **Running Shoes 2018: Where are we now?**
Mark Lorenzoni
- 10:00 – 10:15 Break
- 10:15 – 11:15 **Treatment Options for the Runner with Knee OA**
Eric Magrum & Jay Dicharry
- 11:15 – 12:15 **Systemic Video Gait Analysis**
Bryan Heiderscheidt

Blue Group

- 8:00 – 9:00 **Running Shoes 2018: Where are we now?**
Mark Lorenzoni
- 9:00 – 10:00 **Dynamic pre and post run exercise**
Anne Dunn, MS, CPT & Jason Dunn, MEd
- 10:00 – 10:15 Break
- 10:15 – 11:15 **Systemic Video Gait Analysis**
Bryan Heiderscheidt
- 11:15 – 12:15 **Treatment Options for the Runner with Knee OA**
Eric Magrum & Jay Dicharry

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 **6.50 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 awards **10.5 hours of participation** (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.

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.

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 **Tuesday, February 6, 2018** to ensure the conference preferred rate. Any reservations made after **Tuesday, February 6, 2018** 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) with special needs or to update your profile.

REGISTRATION

Registration is available at cmevillage.com under the “Conferences & Symposia” button. Registration fees for this conference include lectures, case discussions, an online syllabus, free parking and free wifi, 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; limited to 100).

REGISTRATION FEES

	Early Reg until midnight <u>2/8/18</u>	Late reg from 2/9/18 midnight <u>3/1/18</u>	Walk-in Reg 3/2/18 & Later
Physicians:	\$350	\$450	\$475
Other Healthcare Professionals:	\$250	\$350	\$375
Students, Residents/Fellows:	\$250	\$350	\$375
Saturday Lab Session	\$100	\$100	\$100

(pre-registration required; limited to the first 100 registrants)

Registration will close as of midnight 3/1/18. All registrations after that date will be considered walk-in registrations and will be charged at the higher price.

CONTACT INFORMATION

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