

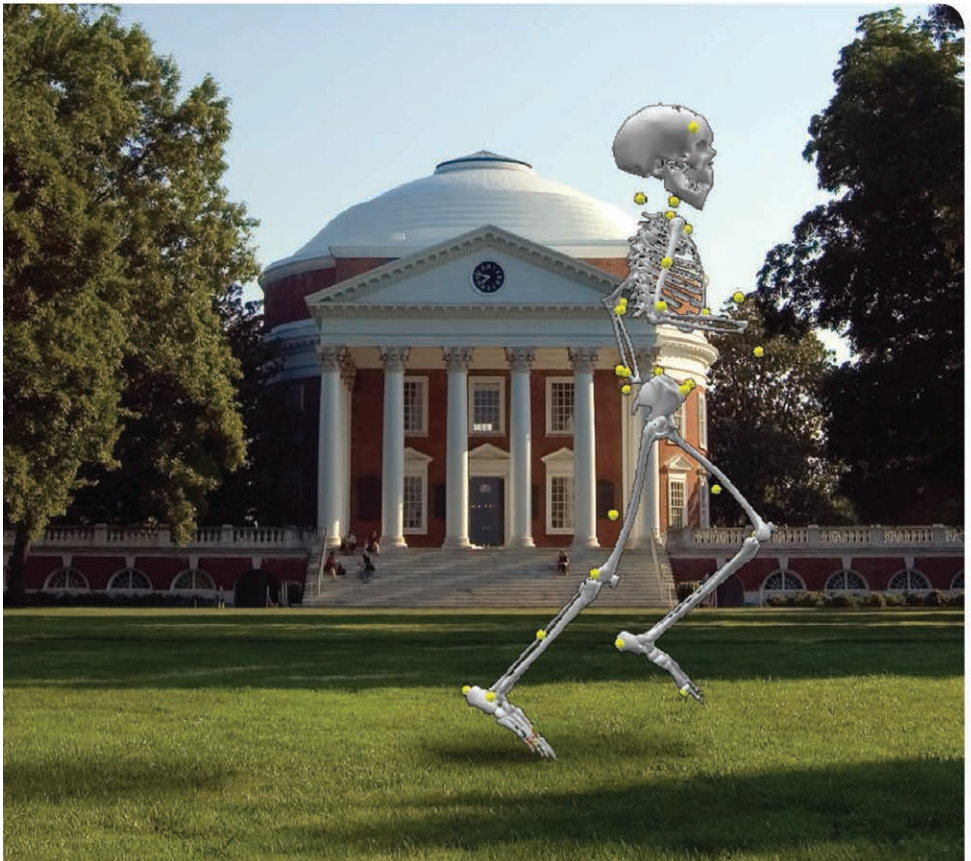
The Department of Physical Medicine and Rehabilitation at the  
University of Virginia Health System  
presents

# **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 17th year,** focuses on state-of-the-art approaches for evaluation and management of the Running Athlete. For the 2019 conference, speakers will each present evidence-based updates on topics spanning common and controversial topics within this specific athletic population. Panel discussions will allow audience members to ask any questions they may have. Topics to be explored 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
- overtraining and fatigue syndrome

After Friday's session, those interested may join in on an informal group run through scenic Charlottesville.

The 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

# FACULTY

## PLANNING COMMITTEE

**Robert P. Wilder, MD, FACS**

**(COURSE DIRECTOR)**

Professor & Chair  
UVA Department Physical Medicine  
& Rehabilitation  
Charlottesville, VA

**Eric M. Magrum, DPT, OCS, FAAOMPT**

Orthopedic Physical Therapy  
Residency Director  
UVA HealthSouth  
Charlottesville, VA

**Jay Dicharry, MPT, SCS**

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

**Siobhan M. Statuta, MD, CAQSM**

Associate Professor  
UVA Department of Family Medicine  
Charlottesville, VA

**David J. Hryvniak, DO, CAQSM**

Assistant Professor  
UVA Department Physical Medicine  
& Rehabilitation  
Charlottesville, VA

**Eva C. Casola, MBA**

Program Manager  
UVA Continuing Medical Education  
Charlottesville, VA

## VISITING SPEAKERS

**Kari E. Brown Budde, PT, DPT, SCS**

**(KEYNOTE)**

Owner, Developer, Physical Therapist  
Endurance Athletes Physical Therapy  
& Sport Performance  
Columbus, OH

**John H. Post, III, MD, MBA**

Orthopaedic Surgeon  
Sentara Martha Jefferson  
Charlottesville, VA

**B. Kent Diduch, MD, FAFAP**

Associate Professor  
Murphy Deming College of Health Sciences  
Fishersville, VA  
Team Physician  
Mary Baldwin University  
Staunton, VA

**Robin L. Truxel, MSPT**

Owner  
TruPilates  
Charlottesville, VA

## UVA SPEAKERS

**Frank W. Gwathmey, MD**

Assistant Professor  
UVA Orthopaedic Surgery  
Sports Medicine Division

**Michael W. McMurray, PT, DPT, OCS,  
FAAOMPT**

Physical Therapist  
UVA HealthSouth  
Charlottesville, VA



# AGENDA

## FRIDAY, MARCH 15 — 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 Eric M. Magrum, DPT, OCS, FAAOMPT 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	KEYNOTE: Pelvic Floor Dysfunction in the Running Athlete	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 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 — North Grounds Recreation Center, Charlottesville, VA

**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.

8:00-10:00	Upper Quarter Influence on Running Lab	Jay Dicharry, MPT, SCS
8:00-10:00	Thoracic Manual Therapy for the Running Athlete	Michael W. McMurray, PT, DPT, OCS, FAAOMPT
10:00-10:15	Break	
10:15-12:15	Examination and Treatment Tips for Pelvic Floor Dysfunction in the Runner	Kari E. Brown Budde, PT, DPT, SCS
10:15-12:15	Techniques for Pelvic Floor Relaxation, Activation and Coordination With the Core	Robin L. Truxel, MSPT
12:15	Adjourn	

## 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 [www.cmevillage.com](http://www.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**).

	<i>Early Registration until midnight 2/14/19</i>	<i>Late Registration from 2/15/19 until mid-night 3/10/19</i>	<i>Walk-in Registration 3/11/19 and Later</i>
Physicians/Fellows:	\$350	\$450	\$550
Other Healthcare Professionals:	\$250	\$350	\$450
Students/Residents:	\$250	\$350	\$450
Saturday Lab Session: (pre-registration required; limited to 100 participants)	\$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

**Eva Casola, MBA**

Program Manager

Office of Continuing Medical Education

[EvaC@virginia.edu](mailto:EvaC@virginia.edu)

434-924-5310