

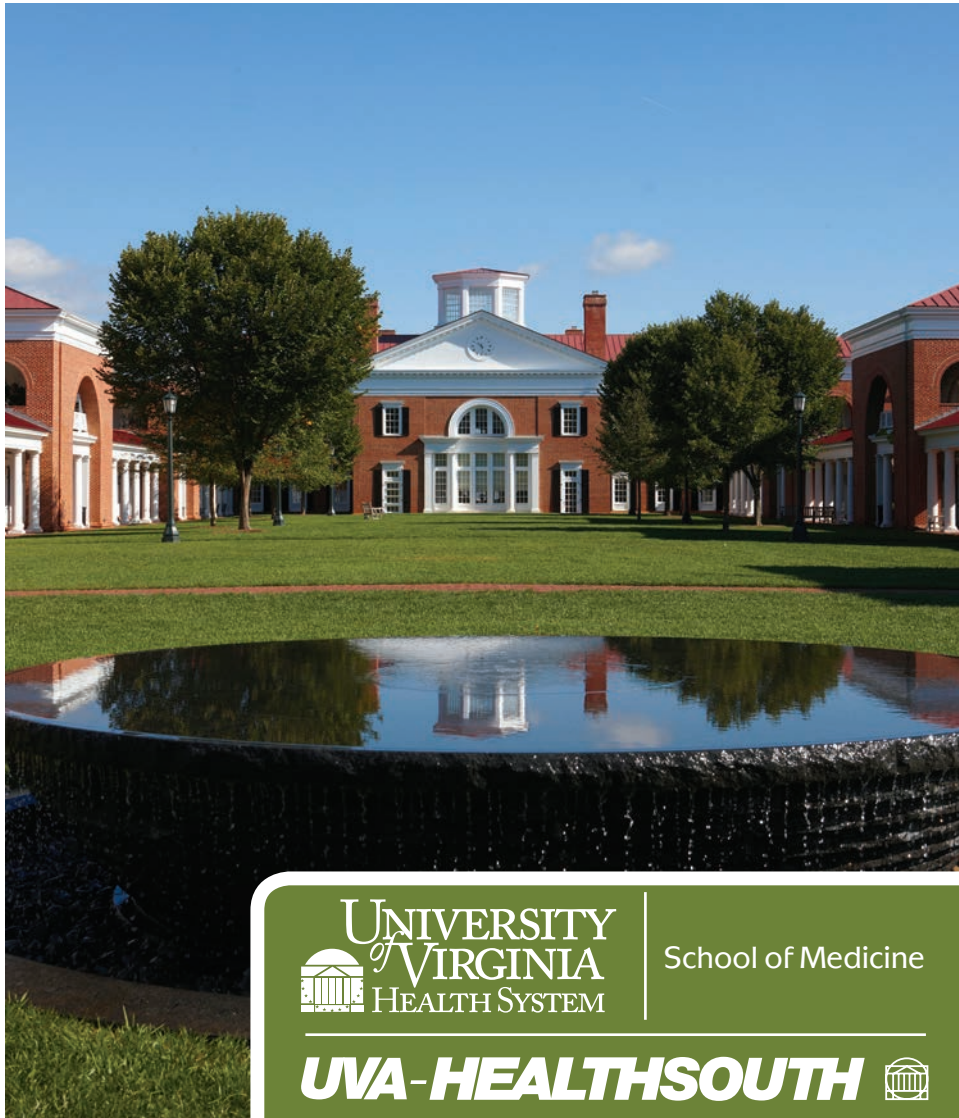
The Department of Physical Medicine and Rehabilitation at the
University of Virginia Health System
presents

***RUNNING MEDICINE™* 2016**

March 11-12, 2016

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 2016 focuses on State of the Art strategies for evaluating and treating runners. Evaluation strategies will include reviews of ultrasound imaging and new technologies for the clinician treating the running athlete. Treatment strategies include mechanotherapy, biomechanical interventions, and new treatment technologies. Updated reviews of the Female Athlete Triad, cardiac concerns for long distance runners, and the management of exertional leg pain will be presented.

Friday's conference is didactic in nature. The conference will conclude on Saturday morning with a series of 4 lab-based sessions limited to 100 participants. There is an extra fee for lab sessions.

Target Audience

Primary care physicians, orthopaedic surgeons, 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

After this conference, participants will be better able to:

1. Integrate mechanotherapy into the treatment of tendon injury
2. Describe biomechanic interventions useful for aging runners
3. List and apply new technologies available to the running clinician
4. Describe the role of ultrasound imaging in the diagnosis and treatment of specific running injuries
5. Develop an expanded diagnostic and treatment approach for the runner with exertional leg pain
6. Discuss potential cardiac concerns for long distance runners
7. Explain new updates to the management of the runner with the Female Athlete Triad

Syllabus

In an effort to be more environmentally responsible, this year's syllabus will be available electronically and can be downloaded beginning Wednesday, March 9, 2016. 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 in the parking garage.

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 **6.75 AMA PRA Category 1 Credits™** for Friday and **4.25 AMA PRA Category 1 Credits™** for Saturday. The **Pennsylvania State Board of Physical Therapy** has granted approval for a total of **11.75 credits** for participants attending both the didactic and laboratory sessions.

Attendees 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 6 participation hours (equivalent to **6.75 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 \$145/night. Please call 434-243-5000 for reservations prior to February 24, 2016. Attendees will need to make their own reservations using the group name: Running Medicine.

Registration and Fees* *

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

	Before 2/11/2016	Effective 2/12/2016	After 3/4/16 or Walk-in
Physicians.....	\$350	\$400	\$450
Other Health Care, Residents, Students	\$250	\$300	\$350
Saturday Lab (Additional Fee)	\$100	\$100	\$100

(*LAB SPACE IS LIMITED TO 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*

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 received after February 26, 2016.

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
Orthopaedic Physical Therapy 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

Karim Khan, MD, PhD, FACSM (Keynote)

Professor, School of Kinesiology
Editor, British Journal of Sports Medicine
University of British Columbia

Blaise Williams, PT, PhD

Associate Professor,
Director of VCU RUN LAB
Virginia Commonwealth University

Francis O'Connor, MD, FACSM

Professor & Chair, Department Military and
Emergency Medicine Director, Consortium on
Health and Military Performance, Uniformed
Services University of the Health Sciences

UVA Faculty

Eric Carson, MD

Associate Professor,
Orthopaedic Surgery
Sports Medicine Division
University of Virginia

Jennifer Pierce, MD

Associate Professor,
Musculoskeletal Imaging University of Virginia

Siobhan Statuta, MD

Associate Professor, Family Medicine
University of Virginia

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.

Running Medicine 2016 Agenda

Location: Darden School of Business

Friday, March 11, 2016

(All presentations are in the Abbott Center Auditorium)

7:20 – 7:50 AM	Registration and breakfast – Abbott Center Lobby
7:50 – 8:00	Welcome and introductions Robert Wilder, MD, FACSM
8:00 – 9:30	Exertional Leg Pain: A Case Study Approach Robert Wilder, MD, FACSM, Eric Carson, MD Eric Magrum DPT OCS FAAOMPT
9:30- 10:15	Technology for the Running Clinician Jay Dicharry MPT, SCS
10:15 -10:30	Break
10:30 – 11:15	Cardiac Concerns of the Long Distance Runner Fran O'Connor, MD, FACSM
11:15 – Noon	Keynote: Mechanotherapy Karim Khan, MD, PhD, FACSM
12:00 – 1:00	Lunch – Abbott Center Main Dining Room
1:00 – 1:45	Keynote: Recent Advances in Running Injuries Karim Khan, MD, PhD, FACSM
1:45 – 2:30	The IOC consensus statement: Beyond the Female Athlete Triad: Relative Energy Deficiency in Sport (RED-S) Siobhan Statuta, MD
2:30 – 2:45	Break
2:45 – 3:30	Biomechanic Interventions for the Aging Runner Blaise Williams, PT, PhD
3:30 – 4:15	US Imaging Of Common Running Injuries Jennifer Pierce, MD
4:15 – 4:30	Q & A

Contact Information

Registration Questions

Registrar, UVA CME
434-924-5310
uvacme@virginia.edu

Program, Lodging etc.

Eva Casola, MBA
CME Program Manager
434-924-1657
EvaC@virginia.edu

Saturday, March 12, 2016

(Location: North Grounds Recreation Center)

(Labs are limited to 100 participants; 50 in each group)

Orange Group

8:00 – 9:00	Return to Run Progression: Testing & Interventions Blaise Williams, PT, PhD
9:00 – 10:00	Mechanotherapy Karim Khan, MD, PhD, FACSM
10:00 – 10:15	Break
10:15 – 11:15	Motor Learning Principles to Improve Gait Retraining Eric Magrum, DPT, OCS, FAAOMPT
11:15AM – 12:15	Technology for the Running Clinician Jay Dicharry, MPT, SCS
12:15 – 12:30	Questions/Wrap Up

Blue Group

8:00 – 9:00	Mechanotherapy Karim Khan, MD, PhD, FACSM
9:00 – 10:00	Return to Run Progression Testing & Interventions Blaise Williams, PT, PhD
10:00 – 10:15 AM	Break
10:15 – 11:15	Technology for the Running Clinician Jay Dicharry, MPT, SCS
11:15 AM – 12:15	Motor Learning Principles to Improve Gait Retraining Eric Magrum, DPT, OCS, FAAOMPT
12:15 – 12:30 PM	Questions/Wrap Up

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.