Course Outline

Examination and Treatment of Running Related Injuries

Friday, March 26, 2010

7:30 am  Registration/Continental Breakfast
8:00 am  Introduction/Overview
8:15 am  Biomechanics of Running
9:45 am  Break
10:00 am  Etiology and Epidemiology of Common Running Injuries
11:00 am  Physical Examination of the Injured Runner (lab)
12:30 pm  Lunch (on own)
1:30 pm  Principles of Video Gait Analysis for Runners
2:30 pm  Video Analysis of the Running Gait (lab)
3:30 pm  Break
3:45 pm  Tissue Stress and Adverse Running Mechanics
4:45 pm  Review and Questions
5:00 pm  Adjourn

Saturday, March 27, 2010

8:00 am  Treatment of Adverse Running Mechanics
9:00 am  Gait Retraining for Injured Runners
10:00 am  Break
10:15 am  Age-related Changes in Running Form
11:00 am  Running Volume: Before and After Injury
11:30 am  Summary and Questions
12:00 pm  Adjourn

MedSport Sports Medicine Program includes Orthopaedic Sports Medicine, Physical Therapy, Athletic Training Services and the Athletic Performance Center. This program provides services to area athletes at all levels; Olympic, professional, elite, collegiate, high school and recreational.

Our mission is to provide complete sports medicine services for orthopaedic related injuries and conditions. In addition, we will promote research and educational opportunities in sports medicine for our staff and students.

Complete location and hotel information will be sent upon registration.

Provider #P546
11.25 CEUs

Registration

Name: ___________________________

☐ PT  ☐ ATC  ☐ PTA  ☐

Address: ________________________

City: ____________________________

State: ______________ Zip: __________

Email: __________________________

Phone: (___) __________

Course Fee: $275.00

Registration Deadline: March 17, 2010

Check (payable to: UMHS) ☐

Visa ☐  MC ☐

Card#: __________________________

Exp. Date: ______________________

Signature: X

Please fax or mail registration to:
Cindy Newcom
24 Frank Lloyd Wright Drive
P.O. Box 391
Ann Arbor, MI 48106-0391
Phone/Fax: (734) 930-7417/7416

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Course Overview

Successful treatment of running injuries has remained somewhat elusive to the sports medicine clinician. This is strikingly evident when one realizes that the annual incidence rate of injury to runners (near 50%) is the same as it was 25 years ago. Through a greater understanding of the associated mechanics, advances in preventative and rehabilitation strategies can be made that will reduce the incidence rate of these common injuries. This presentation will provide a thorough review of the most recent scientific findings related to the evaluation, diagnosis and treatment of running injuries. Discussion will focus on the current literature pertaining to running mechanics and injury and the clinical decision making involved during the examination. Multiple case studies will be integrated to promote idea application. The overall objective is to provide each participant with an understanding of the current knowledge pertaining to the examination and treatment of running-related injuries.

Instructor:
Bryan Heiderscheit, PT, PhD is an Associate Professor in the Departments of Orthopedics & Rehabilitation and Biomedical Engineering at the University of Wisconsin-Madison. He received his physical therapy training at the University of Wisconsin-La Crosse and his doctorate in biomechanics from the University of Massachusetts. Dr. Heiderscheit is co-director of the Neuromuscular Biomechanics Laboratory at the University of Wisconsin Madison and director of the Runners’ Clinic through the University of Wisconsin Sports Medicine Clinic. His research is aimed at understanding and enhancing movement coordination as it relates to injury and aging, with recent projects focused on the mechanisms of hamstring strain injuries and running-related injuries. Support for his research includes the National Institutes of Health and NFL Medical Charities.

Hosts

Examination and Treatment of Running Related Injuries

Presented by

Bryan Heiderscheit, PT, PhD

March 26-27, 2010
Ann Arbor, MI

2010 MedSport Courses

April 24, 2010
Current Concepts of Strength and Conditioning

May 14-15, 2010
Organizing Your Functional Toolbox: Key Concepts and Strategies in Functional Examination and Intervention

November 2010
APTA Credentialed Clinical Instructor Course

Please visit our web site for future 2010 courses
http://www.med.umich.edu/medsport/