Course Outline
Examination and Treatment of Running Related Injuries

Friday, June 18, 2010

7:30 am  Registration/Continental Breakfast
8:00 am  Introduction/Overview
8:15 am  Etiology and Epidemiology of Common Running Injuries
9:45 am  Break
10:00 am  Biomechanics of Running
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 I (lab)
3:30 pm  Break
3:45 pm  Video Analysis of the Running Gait II (lab)
4:45 pm  Review and Questions
5:00 pm  Adjourn

Saturday, June 19, 2010

8:00 am  Exercise Treatment Strategies
9:00 am  Gait Retraining for Injured Runners (lab)
10:15 am  Break
10:30 am  Footwear Options for Runners
11:15 am  Age-related Changes in Running Form
11:45 am  Summary and Questions
12:00 pm  Adjourn

Participants should be dressed in lab clothes that allow examination of the upper and lower extremity. Please alert the instructor if you have any medical conditions that may be a contra-indication to exercise.

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: June 11, 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

UMHS MedSport retains the right to cancel the course at any time. UMHS MedSport is not responsible for expenses incurred in case of cancellation. Requests for refunds must be made in writing, 15 days prior to course date. Requests made less than 15 days prior to the course date are subject to $50 charge.
Course Overview

Successful treatment of running injuries has remained somewhat elusive to orthopedic and sports medicine clinicians. Through a greater understanding of the associated mechanics, advances in prevention and rehabilitation strategies can be made that will reduce the incidence rate of these common injuries. This advanced course will provide a thorough review of the most recent scientific findings related to the examination, diagnosis and treatment of running injuries. Discussion will focus on the current literature pertaining to running mechanics and injury, and the clinical decision making needed to achieve superior outcomes. The use of video analysis as part of the running gait examination will be emphasized, and novel strategies to modify running mechanics will be presented as part of a comprehensive approach to treatment. Multiple case studies will be integrated to illustrate concepts and 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, with techniques that can be immediately applied in clinical practice.

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.

Bryan Heiderscheit, PT, PhD

June 18-19, 2010
Ann Arbor, MI

2010 MedSport Courses
November 2010
APTA Credentialed Clinical Instructor Course

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