Course Outline
Examination and Treatment of Running Related Injuries

Friday, June 17, 2011

7:30 am  Registration/Continental Breakfast
8:00 am  Introduction/Overview
8:15 am  Running Mechanics and Injury Etiology I
9:45 am  Break
10:00 am Running Mechanics and Injury Etiology II
11:00 am Physical Examination of the Injured Runner (lab)
12:00 pm Lunch (on own)
1:00 pm  Principles of Video Gait Analysis for Runners
2:00 pm  Video Analysis of the Running Gait I (lab)
3:00 pm  Break
3:15 pm  Gait Retraining for Injured Runners (lab)
4:00 pm  Footwear Options for Runners
4:45 pm  Review and Questions
5:00 pm  Adjourn

Saturday, June 18, 2011

8:00 am  Exercise Treatment Strategies
9:00 am  Video Analysis of the Running Gait II (lab)
10:00 am Break
10:15 am Hamstring Strain Injuries: Mechanics and Recovery
11:45 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.

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.

Registration:

Name: __________________________

[ ] PT  [ ] AC  [ ] PTA  [ ]

Address: __________________________

City: __________________________

State: ________ Zip: __________

Email: __________________________

Phone: (____) __________________________

Course Fee: $300.00
Registration Deadline: June 10, 2011

Check (payable to: UMHS) [ ]

Visa [ ] MC [ ]

Card#: __________________________

Exp. Date: __________________________

Signature: X

Provider #P546
11.25 CEUs

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 2-day 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 Center. 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. Dr. Heiderscheit is an Associate Editor for the Journal of Orthopaedic and Sports Physical Therapy and an active member of the American Physical Therapy Association, serving as Chair of the Running special interest group.