Injury Prevention, Management and Performance Improvement of the Running Athlete

Translating Evidence Into Clinical Practice

Provided by NYU Post-Graduate Medical School

Friday—Saturday
September 30—October 1, 2016

LOCATION
550 First Avenue
Alumni Hall, Classroom B
New York, NY 10016

COURSE DIRECTORS
Dennis A. Cardone, DO
Wil Colon, MS, PT, SCS
Mia R. Palazzo, PT, DPT, OCS, Cert. MDT
Warren Young, MD

Register online at:
www.med.nyu.edu/cme/running
COURSE INFORMATION

COURSE DESCRIPTION
The number of athletes engaging in long distance running continues to rise as evidenced by a record number of marathon finishers in recent years. In addition, 19–79% of runners will experience a running related injury in any given year. Due to the high incidence of injury, clinicians treating this specialized population need to be aware of the latest evidence based examination and treatment techniques for runners of all abilities and ages. This course will discuss injuries unique to the runner as well as treatment strategies to address these injuries. Use of video analysis as part of the running evaluation will be emphasized during this course and integrated into formulating a comprehensive treatment plan.

TARGET AUDIENCE
Specialists in internal medicine, orthopedic surgery, rehabilitation medicine, sports medicine, physical therapists, exercise physiologists and athletic trainers

STATEMENT OF NEED
- Clinicians need to be aware of the biomechanical differences between walking and running in order to effectively treat the running athlete.
- Running athletes are predisposed to overuse injuries. Clinicians need to be updated on the latest evaluation and medical treatment modalities for: foot and ankle injuries, tendinopathies of the ankle and hip and stress fractures.
- The number of female and master’s athletes participating in long distance running continues to increase. Physicians and other clinicians need to be aware of the specialized needs of these two groups.
- Assessing running biomechanics using the naked eye is not possible due to the speed associated with running. Clinicians have not been exposed to and/or do not feel comfortable using 2D video analysis when evaluating a runner.
- Standard of care for the running athlete is moving towards combining video analysis with a clinical examination to determine injury management. Currently, clinicians lack the knowledge and skill on how to integrate findings of video analysis with the clinical examination as this is a cutting edge concept.
- The concept of metabolic testing is not consistently a part of a baseline curriculum for health care practitioners. When treating the high level and/or competitive athlete it is important for clinicians to understand the concept of metabolic testing and when it is beneficial to refer a runner for testing. Gaining insight into metabolic testing results will help the runner achieve his or her peak potential.

EDUCATIONAL OBJECTIVES
At the conclusion of this activity, participants should be able to:
- Describe the biomechanics of running
- Describe updated evaluation and treatment methods for the runner
- Describe the unique considerations that the physician or allied health care practitioner needs to take into account when evaluating the female or older runner
- Perform a basic running evaluation using 2D video technology
- Develop an appropriate management strategy integrating both clinical examination findings with video analysis
- Describe what metabolic testing is and why it is useful for the running athlete

COURSE FEES

TWO-DAY FEES
Full: $400
Reduced*: $350
NYU Langone/NYU Lutheran Faculty & Staff**: $300

ONE-DAY FEES (Friday, September 30th ONLY)
Full One-Day: $250
Reduced One-Day*: $200
NYU Langone/NYU Lutheran Faculty & Staff**: $150

* Reduced fee applies to NYU School of Medicine alumni, former residents and fellows; physicians-in-training; physicians employed by the Department of Veterans Affairs Medical Center; fulltime active military personnel; retired physicians; and all other non-physician healthcare professionals.

** Must provide valid NYU Langone/NYU Lutheran ID
GENERAL INFORMATION

LOCATION
NYU Langone Medical Center
550 First Avenue
Alumni Hall, Classroom B
New York, NY 10016

CONTACT INFORMATION
NYU Post-Graduate Medical School
Phone: (212) 263-5295
Fax: (212) 263-5293
Email: cme@nyumc.org

CME ACCREDITATION STATEMENT
The NYU Post-Graduate Medical School is accredited by
the Accreditation Council for Continuing Medical Education
to provide continuing medical education for physicians.

PHYSICAL THERAPY CREDIT STATEMENT
NYU Langone Medical Center is a New York State Educa-
tion Department approved provider for physical therapy
and physical therapy assistant continuing education. This
course is approved for a maximum of 12.50 physical
therapy/physical therapist assistant contact hours if you
are attending both days and a maximum of 6.17 contact
hours if you are attending day one only. The following
states require continuing education units with no state-
specific approval: CT, IA, ID, MO, ND, and WA.

BOC APPROVED PROVIDER STATEMENT
NYU Langone Medical Center is recognized by the Board of
Certification, Inc to offer continuing education for Certified Athletic
Trainers. This program has been approved for a maximum of 12.50
hours of Category A continuing
education if you are attending both days and a maximum
of 6.17 contact hours if you are attending day one only.
Certified Athletic Trainers are responsible for claiming only
those hours actually spent participating in the continuing
education activity. BOC Approved Provider Number: P2540

CME CREDIT DESIGNATION STATEMENT
The NYU Post-Graduate Medical School designates this
live activity for a maximum of 13.00 AMA PRA Category 1
Credits™. Physicians should claim only the credit commen-
surate with the extent of their participation
in the activity.

DISCLOSURE STATEMENT
The NYU Post-Graduate Medical School adheres to AC-
CME accreditation requirements and policies, including
the Standards for Commercial Support regarding industry
support of continuing medical education. In order to
resolve any identified conflicts of interest, disclosure infor-
mation is provided during the planning process to ensure
resolution of any identified conflicts. Disclosure of faculty
and commercial relationships, as well as the discussion of
unlabeled or unapproved use of any drug, device or proce-
dure by the faculty, will be fully noted at the meeting.

HOTEL ACCOMMODATIONS
Rooms are in very heavy demand in New York City; we
urge you to make your reservations early. You may obtain
a list of hotels located near NYU Langone Medical Center
by visiting our website: http://cme.med.nyu.edu/travel

PARKING
For information, please visit
http://nyulangone.org/locations/tisch-hospital/parking
We cannot validate parking for registrants.

Visit our secure website
www.med.nyu.edu/cme/running
to submit online registration
COURSE DIRECTORS

**Dennis A. Cardone, DO**
Associate Professor of Orthopaedic Surgery  
Chief, Division of Primary Care Sports Medicine  
NYU School of Medicine  
New York, NY

**Wil Colon, MS, PT, SCS**
Clinical Specialist  
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**Mia R. Palazzo, PT, DPT, OCS, Cert. MDT**
Program Manager  
Physical Therapy, Occupational Therapy  
and Sports Performance Center  
The Center for Musculoskeletal Care  
NYU Langone Medical Center

**Warren Young, MD**
Assistant Professor of Orthopaedic Surgery and Pediatrics  
NYU School of Medicine  
New York, NY

GUEST FACULTY

**Karl B. Fields, MD, CAQ SM**
Professor Department of Family Medicine  
University of North Carolina  
Chapel Hill, NC  
Director of Sports Medicine Fellowship  
Cone Health System  
Greensboro, NC

**Marci Goolsby, MD**
Assistant Attending Physician  
Hospital for Special Surgery  
New York, NY

**Melissa Leber, MD**
Assistant Professor of Orthopedics  
Assistant Professor of Emergency Medicine  
Icahn School of Medicine at Mount Sinai  
New York, NY

NYU FACULTY

**Jolan Browne, PT, DPT, OCS**
Senior Physical Therapist, Center for Musculoskeletal Care

**Juli Deng, PT, DPT, OCS, Cert. MDT**
Senior Physical Therapist, Center for Musculoskeletal Care

**Gauri S. Dhamnaskar, PT, MS, OCS**
Senior Physical Therapist, Center for Musculoskeletal Care

**Corina K. Ehrenberg, PT**
Senior Physical Therapist, Center for Musculoskeletal Care

**Allissa Fabrikant, PT, DPT, OCS, SCS**
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**Jennifer Gallinaro, PT, DPT, OCS**
Clinical Specialist, Center for Musculoskeletal Care

**Carla Gargiulo, PT, DPT**
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**Melissa Hirsch, PT, DPT, OCS, Cert. MDT**
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**Bret C. Jacobs, DO**
Assistant Professor of Orthopedics Surgery

**Alana Karbinovskaya, MD**
Sports Medicine, Department of Orthopaedic Surgery

**Richard Kassler, MSPT, OCS, SCS**
Program Manager, Center for Musculoskeletal Care

**James Koo, PT, DPT, OCS, SCS, COMT**
Supervisor of Physical Therapy,  
Center for Musculoskeletal Care

**Yukiko Matsuzaki, PT, DPT, OCS, SCS**
Senior Physical Therapist, Center for Musculoskeletal Care

**Heather Milton, MS**
Senior Exercise Physiologist,  
Center for Musculoskeletal Care

**Fiona Moore, PT, DPT, OCS, SCS**
Senior Physical Therapist, Center for Musculoskeletal Care

**Hiromi Otani, PT, DPT, OCS, SCS**
Clinical Specialist, Center for Musculoskeletal Care

**Harry Pino, PhD, EPC**
Senior Exercise Physiologist,  
Center for Musculoskeletal Care

**Mark Schulingkamp, PT, DPT, OCS, SCS**
Senior Physical Therapist, Center for Musculoskeletal Care

**Kathryn VanDamme, PT, DPT, OCS**
Senior Physical Therapist, Center for Musculoskeletal Care
AGENDA

FRIDAY, SEPTEMBER 30

7:30 am  Registration and Continental Breakfast
8:00  Welcome and Introduction

Session I

8:10  Foot Injuries in Runners
      Karl B. Fields, MD, CAQ SM

8:40  Evaluating Hip Pain in Runners
      Dennis A. Cardone, DO

9:00  Stress Fractures in Runners
      Warren Young, MD

9:20  Running Over 65: The Master Runner
      Alana Karbinovskaya, MD

9:40  Panel Discussion

9:55  Coffee Break

Session II

10:10  The Female Runner
       Marci Goolsby, MD

10:30  The Anemia Workup for the Endurance Athlete
       Melissa Leber, MD

10:45  Runners and the Runs: GI Issues in Runner
       Bret C. Jacobs, DO

11:00  Panel Discussion

Session III

11:15  Interesting Cases and the Best Running Articles — Panel Discussion
       Karl B. Fields, MD, CAQ SM
       James Koo, PT, DPT, OCS, SCS, COMT
       Harry Pino, PhD, EPC
       Warren Young, MD

12:15 pm  Lunch (on your own)

Session IV

2:55  Runners Program, Volume Rest and Recovery
       Harry Pino, PhD, EPC

3:25  Running Sneakers and Orthotics
       Karl B. Fields, MD, CAQ SM

3:45  Using Wearable Technology and Apps for Runners
       Heather Milton, MS

4:05  Panel Discussion

4:20 pm  Adjourn
**SATURDAY, OCTOBER 1**

### Session IV

<table>
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<tr>
<th>Time</th>
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<tbody>
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| 8:10   | Evidence Based Video Analysis of the Middle and Long Distance Runner: Key Concepts  
Yukiko Matsuzaki, PT, DPT, OCS, SCS |
| 8:45   | Clinical Examination of the Runner                                  
Wil Colon, MS, PT, SCS               |
| 9:20   | Foot and Ankle Examination of the Runner                             
Kathryn VanDamme, PT, DPT, OCS       |
| 9:45   | Interactive Case Studies                                            |
| 10:15  | Coffee Break                                                        |
| 10:30  | Rehabilitation of the Injured Runner                                 
Gauri S. Dhamnaskar, PT, MS, OCS     |
| 11:00  | Gait Retraining: Running Cues, Biofeedback and Cadence Manipulation  
Hiromi Otani, PT, DPT, OCS, SCS      |
| 11:30  | Sports Specificity of Training                                      
Heather Milton, MS                    |
| 11:55  | Panel Discussion                                                    |
| 12:15 pm| Lunch (on your own)                                                 |
| 1:15   | Breakout Session #1                                                 |
| 2:45   | Breakout Session #2                                                 |
| 4:00 pm| Adjourn                                                             |

### BREAKOUT SESSION DESCRIPTIONS

**Learners will be able to choose two of the following:**

**A. Video Analysis: Translating Research into Clinical Practice**

**Instructors:** Hiromi Otani, PT, DPT, OCS, SCS and James Koo, PT, DPT, OCS, SCS, COMT

This lab section will include 2-dimensional kinematic video analysis of the middle and long distance runner. Material covered will include: detailed set-up of the video capture process, marker placement, and analysis with emphasis on the consideration of features relevant to injury and performance.

**B. Foot and Ankle Examination Lab**

**Instructor:** Wil Colon, MS, PT, SCS

This lab will include assessment techniques specific to the foot & ankle of the long distance runner with an emphasis on integrating and synthesizing information with other aspects of the clinical examination including video analysis and strength and flexibility.

**C. Strength and Flexibility Examination Lab**

**Instructor:** Jennifer Gallinaro, PT, DPT, OCS

This lab is centered on a detailed strength & flexibility assessment based on a series of tests and measures that examine the long distance runner’s fitness and fundamental movement patterns. The lab material covered will enable the development of individualized exercises and recommendations to address areas of weakness and asymmetry revealed by the tests and correlated with their running video.

**D. Designing a Strength and Conditioning Program for the Runner**

**Instructors:** Heather Milton, MS and Harry Pino, PhD, EPC

This lab carries over from principles learned in the sport specific conditioning lecture. Attendees will move through a full strength workout designed for runners based on current research in injury prevention and performance improvements in the sport. Modifications of exercises for various fitness levels will be covered, as well as volume of training.

*Note: There are a limited number of seats for each session, please register early.*
After September 28, 2016, 12 pm, only onsite registration is available, provided the course has not reached capacity. Onsite registrants will incur an additional $20 charge and will receive a receipt by email in 1–2 weeks.

Name _______________________________________________________________________________________________________  
Address ____________________________________________________________________________________________________  
City _____________________________________________________________ State ______ Zip ________________  
Degree ______________________________________________ Specialty ________________________  
Day Phone ____________________________________________ Fax ______________________________________________________  
Email ____________________________________________________________  

(CREQUIRED FOR CME CREDIT)

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<tr>
<th>COURSE FEES</th>
<th>TWO DAY</th>
<th>ONE DAY (Friday, Sept. 30 ONLY)</th>
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<tr>
<td>Full Fee</td>
<td>$400</td>
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** Must provide valid NYU Langone/NYU Lutheran ID

**REFUND POLICY:** In order to request a refund, you must email maria.mercado@nyumc.org no later than 14 days prior to the first day of the course. An administrative fee of $75 will be deducted from your refund. Cancellations or no-shows after this date are not eligible for a refund.

**COURSE CANCELLATION POLICY:** If a course is cancelled due to inclement weather, insufficient enrollment, or any other reason, NYU PGMS will refund registration fees in full. NYU PGMS will provide at least two weeks’ advance notice if cancelling due to insufficient enrollment and as soon as possible in all other circumstances. NYU PGMS is not responsible for any airfare, hotel, or other non-cancellable costs incurred by the registrant.

**METHODS OF PAYMENT:** (Cash, email and phone registration are not accepted)  
If faxing, do not mail or refax. This will only result in a duplicate charge to your account. Registration is non-transferable.

- [ ] Check in U.S. Dollars only: $__________________
- [ ] Credit Card Payment (see below)
- [ ] International Postal Money Order: $__________________  
  (Foreign registrants, including those from Canada, must pay by International Postal Money Order or credit card.)

**MAKE CHECK PAYABLE TO:** NYU Post-Graduate Medical School  
**SEND PAYMENT TO:** New York University School of Medicine  
P.O. Box 419252  
Boston, MA 02241-9252

**PAYMENT BY CREDIT CARD:** Credit card payments may be faxed to (212) 263-5293.  
Amount to be charged: $__________________

 Bill To: [ ] Visa [ ] MasterCard [ ] American Express

 Credit Card Number ________________ Exp. Date ________________

 Card Member’s Name ____________________________ CVV Code ________________

 Signature ________________________________

**BREAKOUT SESSION REGISTRATION**

(Please choose one per session, no repeats)

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**Special needs or requests:** ____________________________

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