

HOSPITAL
FOR
SPECIAL
SURGERY



REHABILITATION *of the* RUNNER

Minimizing Injury and Maximizing Performance

September 19, 2014

This activity has been approved for Physical Therapy Contact Hours and BOC Credits; pending approval for Physical Therapy CCUs

Location Hospital for Special Surgery | New York City

Sponsored by HSS Office of Continuing Medical Education and Department of Rehabilitation



LIVE STREAMING WEBCAST is also available!

HSS eAcademy
Earn CME/CEU credit online
through our on-demand offerings
www.hss.edu/eAcademy

HSS Education & Academic Affairs
Programs Promoting
Musculoskeletal Health
www.hss.edu/cme



HOSPITAL
FOR
SPECIAL
SURGERY

Hospital for Special Surgery
535 East 70th Street
New York, NY 10021

REHABILITATION *of the* RUNNER

Minimizing Injury and Maximizing Performance

Sponsored by Hospital for Special Surgery Office of Continuing Medical Education and Department of Rehabilitation

LOCATION Hospital for Special Surgery
Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street, New York City

STATEMENT OF NEED Runners present unique challenges to physical therapists, trainers and coaches because of the repetitive and high strain they put on their bodies and commonly made training errors. This course will provide professionals with the knowledge needed to properly evaluate, treat and diagnose injuries commonly found among runners. Course participants will also gain insight into the physiology of running and strategies for proper cross-training, strengthening and fueling the runner. Considerations for special running populations will also be discussed.

TARGET AUDIENCE This activity is targeted to physical therapists, physical therapist assistants, athletic trainers, certified coaches (RRCA, USATF, USAT) and trainers.

LEARNING OBJECTIVES HSS professional education activities are intended to improve the quality of patient care and safety. At the completion of the course, the participant should be able to:

- ✓ Evaluate runners and accurately identify common running injuries associated with the spine, hip, knee, foot and ankle.
- ✓ Integrate appropriate strategies and techniques when designing treatment plans for managing common running injuries.
- ✓ Describe the physiology of running.
- ✓ Recognize the role of cross training and strengthening for the runner.
- ✓ Discuss proper nutrition guidelines for runners.
- ✓ Differentiate characteristics among special running populations.

ACCREDITATION AND CREDIT DESIGNATION

Hospital for Special Surgery is a New York State Education Department approved provider for physical therapy continuing education. Hospital for Special Surgery designates this activity for a maximum of 6.5 Contact Hours onsite and 6.5 Contact Hours online. This activity is pending approval in MD, NJ and FL. The following states require continuing education units with no state-specific approval: CT, IA, ID, MO, ND and WA.

This activity is pending approval for 6.25 CCUs by the Federation of State Boards of Physical Therapy (FSBPT)

and therefore would be accepted by the physical therapy regulatory boards/agencies in certain U.S. jurisdictions. The physical therapy boards in the following states currently accept the Federation of State Boards of Physical Therapy (FSBPT) certification: AL, AZ, CA, DE, Washington, D.C., GA, IN, KS, KY, MT, NE, NC, OR, SC, TN, UT, VT, VA and WI. The following continuing education course is considered appropriate for clinicians looking to enhance their skills in the treatment and care of the athlete.

In order to receive physical therapy CEUs, a post-course assessment is required. There is no passing grade required.



Hospital for Special Surgery is recognized by the Board of Certification, Inc., to offer continuing education for Certified Athletic Trainers. This symposium is accredited for up to 6.5 Contact Hours onsite and 6.5 Contact Hours online for BOC credits. According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

SPECIAL NEEDS Hospital for Special Surgery is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 212.606.1812.

FINANCIAL DISCLOSURE In accordance with the Accreditation Council for Continuing Medical Education's Standards for Commercial Support, all CME providers are required to disclose to the activity audience the relevant financial relationships of activity directors, planning committee members, presenters, authors and staff involved in the development of CME content. An individual has a relevant financial relationship if he or she has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the CME activity content over which the individual has control.

It is the policy of Hospital for Special Surgery to request all financial relationships that activity directors, planning committee members, presenters, authors and staff have with commercial interests, but to disclose to the activity audience only the **relevant** financial relationships.

FOR MORE Go to www.hss.edu/cme for a complete calendar of scheduled live and online CME activities.

HSS eAcademy

Earn CME/CEU credit online through our on-demand offerings. Go to www.hss.edu/eAcademy to register and receive notifications of activities.

PROGRAM AGENDA

MODULE 1 – Running Injuries, Evaluation and Treatment

8:30a	Registration and Breakfast
8:55a	Welcome
9:00a	What Makes a Healthy Runner? <i>Jordan D. Metzl, MD, FAAP, CAQSM</i>
9:20a	The Spine and Core <i>Scott Siverling, PT, OCS</i>
9:45a	The Hip <i>Michael Silverman, PT, MSPT, Level 2 TPI, USATF-1</i>
10:10a	The Knee <i>Leigh-Ann Plack, PT, DPT, USATF-1</i>
10:35a	The Foot and Ankle <i>Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT</i>
11:00a	Q&A Panel
11:20a	Break

MODULE 2 – Improving the Runner's Performance

11:40a	Physiology of Running <i>Polly De Mille, RN, MA, RCEP, CSCS, USAT</i>
11:55a	Cross Training <i>Kara Federowicz, ATC, CPT, USAW-L1SPC</i>
12:15p	Fueling <i>Jason Machowsky, MS, RD, CSSD, CSCS</i>
12:30p	Footwear <i>Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT</i>
12:45p	Running to the Dark Side <i>Julia M. Kim, PhD</i>
1:05p	Q&A Panel
1:25p	Lunch (on your own)

MODULE 3 – Considerations for Specific Running Populations

2:25p	The Novice Runner <i>Cara Senicola, PT, DPT, USATF-1</i>
2:40p	The Younger Runner <i>Jamie Osmak, CSCS, CES, TPI GFI Level 1, USATF-1</i>
2:55p	The Older Runner <i>Julie Khan, PT, DPT</i>
3:10p	The Distance Runner <i>Erin Corbo, PT, DPT</i>
3:25p	The Female Runner <i>Marci A. Goolsby, MD, and Jennifer Lister, MEd, ATC, CES</i>
3:45p	Q&A Panel
4:05p	Break

MODULE 4 – Breakout Sessions

(Session B will be provided for live streaming webcast participants)

4:25p	A. Video Analysis of the Runner <i>Leigh-Ann Plack, PT, DPT, USATF-1, and Michael Silverman, PT, MSPT, Level 2 TPI, USATF-1</i>
	B. The Evolution of Running Form and Footwear <i>Julie Khan, PT, DPT; Scott Siverling, PT, OCS, and Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT</i>
	C. Strength Training and Performance Programming <i>Kara Federowicz, ATC, CPT, USAW-L1SPC; Jason Machowsky, MS, RD, CSSD, CSCS; and Jamie Osmak, CSCS, CES, TPI GFI Level 1, USATF-1</i>
5:10p	Adjourn

Faculty and agenda are subject to change.

PROGRAM FACULTY

ACTIVITY

DIRECTORS

Leigh-Ann Plack, PT, DPT, USATF-1
Staff Physical Therapist
Joint Mobility Center
Hospital for
Special Surgery
New York, NY

Michael Silverman, PT, MSPT, Level 2 TPI, USATF-1
Coordinator for
Performance
Sports Rehabilitation
and Performance Center
Hospital for
Special Surgery
New York, NY

Scott Siverling, PT, OCS
Clinical Supervisor
Integrative Care Center
Hospital for
Special Surgery
New York, NY

HSS FACULTY

Erin Corbo, PT, DPT
Staff Physical Therapist
Integrative Care Center

Polly De Mille, RN, MA, RCEP, CSCS, USAT
Clinical Supervisor
Sports Rehabilitation
and Performance Center

Kara Federowicz, ATC, CPT, USAW-L1SPC
Performance Specialist
Sports Rehabilitation
and Performance Center

Marci A. Goolsby, MD
Assistant Attending
Physician
Instructor of Medicine
Weill Cornell
Medical College

Julie Khan, PT, DPT
Staff Physical Therapist
Sports Rehabilitation
and Performance Center

Julia M. Kim, PhD
Clinical Psychologist

Jennifer Lister, MEd, ATC, CES
Physician Extender
and Athletic Trainer
Women's Sports
Medicine Center

Jordan D. Metzl, MD, FAAP, CAQSM
Associate Attending
Physician
Division of Primary Care
Sports Medicine
Associate Professor of
Clinical Orthopaedics
Weill Cornell
Medical College

Jason Machowsky, MS, RD, CSSD, CSCS
Registered Dietician and
Performance Specialist
Sports Rehabilitation
and Performance Center

Jamie Osmak, CSCS, CES, TPI GFI Level 1, USATF-1
Performance Specialist
Sports Rehabilitation
and Performance Center

Cara Senicola, PT, DPT, USATF-1
Clinical Supervisor
Physical Therapy
Affiliated with Hospital
for Special Surgery at
Goldman Sachs

Robert Turner, PT, OCS, MS, OM, LAc, PMA®, CPT
Clinical Supervisor
Spine Therapy Center

HSS PROGRAM COORDINATOR
Melody Mokhtarian, JD
Marketing and
Events Coordinator
Professional Education
Education &
Academic Affairs

Find Hospital for Special Surgery on the web!



REGISTRATION

TWO EASY WAYS TO REGISTER!

- 1 Register and pay online at www.hss.edu/cme-calendar.
- 2 Register by mail using the registration form.

PAYMENT BY MAIL

Make check payable to:

Hospital for Special Surgery

Mail registration form to:

Hospital for Special Surgery
Professional Education Department
Education & Academic Affairs
535 East 70th Street
New York, NY 10021

CONFIRMATIONS

All registered participants will receive a confirmation via email.

REFUND POLICY

A handling fee of \$75 is deducted for cancellation. Written refund requests must be received one week prior to the course. No refund will be made thereafter.

FOR MORE INFORMATION, PLEASE CONTACT

Melody Mokhtarian, JD

Marketing and Events Coordinator
Professional Education
Education & Academic Affairs
Hospital for Special Surgery
Tel: 212.606.1812
Email: mokhtarianm@hss.edu

PARKING & ACCOMMODATIONS

For information on parking and accommodations, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

TRANSPORTATION

Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue.

Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue.

Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

Please note: This program may be recorded, filmed or photographed by Hospital for Special Surgery. By attending this program, you give permission to Hospital for Special Surgery to use your voice and likeness for any purpose (promotional, educational, or other), in any medium, and without remuneration of any kind to you.

All rights reserved.

© 2014 Hospital for Special Surgery
Design: Paggie Yu
Education Publications & Communications

HOSPITAL
FOR
SPECIAL
SURGERY

REHABILITATION of the RUNNER

Minimizing Injury and Maximizing Performance

September 19, 2014

Please print legibly.

____ - ____ - _____
DATE (MONTH-DAY-YEAR)

Check here to receive the HSS eNewsletter.
Please include email address below.

FIRST NAME MI LAST NAME

DEGREE EMPLOYER

REHABILITATION NETWORK NAME AND DISCOUNT CODE (IF APPLICABLE)

EMAIL ADDRESS

STREET ADDRESS SUITE/APT #

CITY STATE ZIP CODE

____ - ____ - _____
DAYTIME PHONE

\$ _____ American Express MasterCard Visa Check enclosed
AMOUNT ENCLOSED

CREDIT CARD # EXP. DATE

X _____
SIGNATURE

How did you hear about this course?

- Print brochure Email blast HSS website Journal advertisement
 LinkedIn ad Recommendation Google ad Other _____

BREAKOUT SESSIONS

Onsite participants, please rank sessions in order of preference. We will do our best to accommodate your first choice. Session B will be provided for live streaming webcast participants.

- ___ A. Video Analysis of the Runner
___ B. The Evolution of Running Form and Footwear
___ C. Strength Training and Performance Programming

REGISTRATION FEES

REGISTER EARLY, AS SPACE IS LIMITED! Registration fees include a post-program knowledge assessment, breakfast, online access to lecture handouts, physical therapy contact hours and BOC credits. All registered participants will receive a confirmation via email. Rehabilitation Network members receive an exclusive 20 percent discount.

	Earlybird (By 8/22 at 5pm)	Regular (by 9/17 at 5pm)	Registration Close Date
Onsite	\$225	\$275	9/17
Live Web Streaming	\$149	\$199	9/17

For day-of registration for the onsite course, add \$75 to the appropriate category above (available only if space permits – please call first). Please note: Registration will not be processed unless accompanied by payment.

Hospital for Special Surgery is an affiliate of NewYork-Presbyterian Healthcare System and Weill Cornell Medical College.