



Continuing Education for Medical & Fitness Professionals

2016 Dates

Check website: www.healthyrunning.org

Teaching Staff: varies by course

Ian Adamson MS Sports Medicine, BS Bio-mechanical Engineering, world champion, author
Laura Bergman, MS, BS, corrective exercise specialist
Zach Couch, PT, OCS, FAAOMPT, clinical director Texas Physical Therapy Specialists, adjunct faculty Texas Women's University
Lt. Col. Dr. Mark Cucuzzella, MD, professor, West Virginia University School of Medicine,
Jay Dicharry, MP, SCS, director of REP Biomechanics Lab
Scott Dolly, MS, ATC, CSCS, co-owner Evolution Human Performance and Rehabilitation
Dr. Robert Gillanders, PT, DPT, OCS, orthopedic specialist, spokesman for American Physical Therapy Association
Ken Mierke, BS, author, world champion, Olympic medalist
Dr. Trent Nessler, PT, DPT, MPT, director Sports Medicine at Physio
Kevin Rausch, PT, MPT, owner Rausch Physical Therapy and Sports Performance
Dr. Kerri Kramer Webb, MSPT, DPT, co-owner Fast Track Sports Medicine

Locations

National & International location, check website

Course Description

Healthy Running for medical and fitness professionals focuses on the energetics of running, running skill, injury evaluation and treatment. Content is evidence based with numerous case scenarios, active drills and exercise, and practical workshops to apply concepts.

Day one sessions includes the anthropologic basis of running, aerobic development, recovery principals and practice, overtraining syndrome, coordination and peaking, nutrition for health and performance, warm up and cool down. The role of footwear on runners is examined, including the evolution of running shoes, design, technology and the relationship to injury. The afternoon workshop addresses strength training, range of motion/mobility and motor function.

Day two examines the injured runner, tissue specificity, anatomy, biomechanics and clinical evaluation of mobility and strength. The afternoon workshop assesses running from a clinical perspective, prescription of strength, mobility, and gait cues based on specific findings. Stability, core work, mobility and stretching principles are addressed.

The course also includes medical issues for runners, including heat illness, cardiac, physiology, and emerging concepts in nutrition for health and performance. People who register as Coach or Medical Professional and complete a course are eligible to receive the Healthy Running coach certification at no additional cost.

Variations of this course have been presented for Continuing Medical Education at West Virginia University, the Pentagon, the Andrews Institute in Florida, and at the Sports Science Institute of South Africa. Staff have presented selected course content at over 50 military bases and numerous medical conferences including for AMAA, ACMS, IMSMC and teaching universities internationally.

Target Audience

Primary care physicians, physical therapists, sports medicine and rehabilitation physicians, nurse practitioners, physician assistants, athletic trainers, coaches, and other professionals interested in maintaining the health of runners.

Locations

Conferences and courses are held throughout the US and worldwide. See [Registration](#) page for details. Please [contact](#) us if you wish to host a conference.

Continuing Education Credit

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the WVU School of Medicine and Healthy Running. The WVU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The West Virginia University Office of CME designates this live activity for a maximum of 15 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. West Virginia University Office of CME requires that all participants requesting credit submit a completed credit record at the end of the course to confirm participation in CME activity. Participants are responsible for tracking their actual participation.

We are also approved for [American College of Sports Medicine](#) (ACSM) credits.

Registration

Course registration is available on-line at [Race Roster](#) and through [Healthy Running](#)

Confirmation & Cancellation Policy

Upon receipt of registration and payment, you will receive confirmation by email. Refunds will be given (less \$50 administration fee) if request is received in writing a minimum of 30 days prior to the first day of a conference. 50% refund will be given for cancellations made less than 14 days prior to the first day of a course.

Goals & Objectives

After this course, the participant should be able to:

- Discuss the pathophysiological process behind running injuries and the new treatment concepts relating to these pathologies.
- Improve his\her clinical efficiency through a better knowledge of objective diagnostic assessments and their place in the clinical exam of an injured runner.
- Discuss the new theories behind tissue stress, adaptation and preventive stress.
- Recognize the relationship between running biomechanics and the risk of injuries.
- Build a program to help an injured runner return to running using the theoretical principles relating to different energy systems, cross-training and warm-up.
- Discuss the science behind running shoe technology, plantar orthoses, flexibility and strengthening in the prevention and treatment of running injuries.
- Discuss the science and practical application of aerobic development, speed training, and periodization.
- Describe the principles and be able to teach efficient running form including supplemental drills.
- Evaluate a patient for movement dysfunction during a clinical visit and provide simple corrective measures.
- Discuss clinical Injury assessment and exam and specific corrective exercises.
- Describe practical gait analysis, cues, and corrections.
- Discuss Nutrition for health and performance.
- Prescribe footwear to complement the patient's current movement pattern and how to safely transition them to more functional footwear

Disclosures

Ian Adamson has nothing to declare

Laura Bergman has nothing to declare

Zach Couchis clinical director Texas Physical Therapy Specialists

Mark Cucuzzella has nothing to declare

Jay Dicharry is director of REP Biomechanics Lab
Scott Dolly is co-owner Evolution Human Performance and Rehabilitation
Dr. Robert Gillanders works at Sports + Spinal Physical Therapy
Ken Mierke
Dr. Trent Nessler is director of Sports Medicine at Physio
Kevin Rausch is owner of Rausch Physical Therapy and Sports Performance
Dr. Kerri Kramer Webb, MSPT, DPT, co-owner Fast Track Sports Medicine

Contact Information

Penney Carson-Mak; PO Box 7557; Boulder, CO 80306; penney@healthyrunning.org

Registration Fees

Physicians \$445 to \$495 awards up to 15 AMA Cat 1 PRA CME hours

Two Day Program Agenda

DAY 1

7:30 am **Registration**
8:00 am Course Overview

Training Principles (Three 5 min breaks)

8:30 am Why We Run: psychology and anthropology of running
9:00 am Aerobic Development
10:00 am The role of intensity, coordination, and peaking
1:00 am Aging, recovery, overtraining syndrome
11:30 am Medical issues-cardiac, heat, hydration
12:00 pm Footwear discussion
12:30 pm **Lunch**

Efficient Running Workshop (Three 5 min breaks)

1:00 pm Posture, stability and mobility
2:00 pm Movement patterns for efficiency and injury reduction
3:00 pm Form drills to re-enforce motor skills: warm up and cool down
4:00 pm Nutrition for health and performance
4:30 pm **END DAY ONE**

DAY 2

Assessing the Injured Runner (Three 5 minute breaks)

8:00 am Biomechanics
9:45 pm Clinical measures and gait
10:45 pm Clinical mobility and stability assessment lab
12:00 pm **Lunch**
12:30 pm Strength and power from distance to sprinting
1:30 pm Clinical gait assessment
2:15 pm Clinical running analysis lab
3:00 pm Exercise prescription lab
3:45 pm Q & A
4:15 pm **END PROGRAM:** Evaluations

Three Day Program Agenda

DAY 1

11:30 pm **Registration**
12:00 pm Course Overview

Training Principles (Three 5 min breaks)

12:30 pm Why We Run: psychology and anthropology of running
1:00 pm Aerobic Development
2:00 pm The role of intensity, coordination, and peaking
3:00 pm Aging, recovery, overtraining syndrome
3:30 pm Medical issues-cardiac, heat, hydration
4:00 pm Footwear discussion
4:30 pm **END DAY ONE**

DAY 2

Efficient Running Workshop (Three 5 min breaks)

8:00 am Posture, stability and mobility
9:00 am Movement patterns for efficiency and injury reduction
10:00 am Form drills to re-enforce motor skills: warm up and cool down
11:00 am Nutrition for health and performance
11:30 am Biomechanics
12:15 pm **Lunch**

Assessing the Injured Runner (Three 5 minute breaks)

12:45 pm Clinical measures and gait
1:45 pm Clinical mobility and stability assessment lab
2:15 pm Strength and power from distance to sprinting
3:15 pm Clinical gait assessment
4:00 pm **END DAY TWO**

DAY 3

8:00 am Clinical running analysis lab
8:45 am Exercise prescription lab
9:30 am Q & A
10:15 am Evaluations
11:00 am **END PROGRAM**
