



The Science of Running Medicine

Mayo Clinic • Rochester, MN • April 25-26, 2020

2020 Symposium

Running is a demanding physical activity performed by millions of persons worldwide. Given the repetitive high-impact nature of running, many individuals who engage in this form of exercise experience pain or become injured. For the professional or avid runner, this pain and injury can cause frustration and loss of running time. For the sports medicine clinician, managing the injured runner can be challenging as the cause(s) of running injuries are often multifactorial.

The Science of Running Medicine brings together three of the leading clinical researchers involving running mechanics and injury. With a combined 75+ years of clinical practice and 350+ publications, the faculty is committed to providing health care professionals and the running community with evidenced-based strategies to advance running injury management.

The Science of Running Medicine recognizes that not all runners are created equal, and neither are the injury prevention and recovery methods. By combining science and practice, successful approaches can be individualized for you, your patients and your clients.

In Partnership With



April 25-26, 2020

**Phillips Hall, Siebens
Medical Educational Building
Mayo Clinic
200 First Street SW
Rochester, MN 55905**

Thank you to our hosts, Mayo Clinic

Registration fee:

**\$550 per person
\$475 for AASPT Members**

**\$400 for students
\$340 for AASPT Students**

Includes digital handouts, breaks and lunch each day

To register or for more information, go to www.scienceofrunning.net

This evidence-based symposium will bring together top clinical researchers in the field of biomechanics to discuss and debate contemporary topics related to running biomechanics, running-related injuries, and the rehabilitation of the injured runner. 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. Participants will be provided with practical information to take back to the clinic for immediate use in managing the injured runner.

Target Audience

Physical therapists, athletic trainers, physicians, chiropractors, physician assistants, occupational therapists, physical therapist assistants, occupational therapist assistants. This course content is not intended for use by any participants outside the scope of their license or regulation.

Price includes PDF handouts sent in advance of the conference, breakfast, lunch and breaks each day.

Please note: conference handouts will be provided digitally before the conference. No printed materials will be provided.

Course Objectives

Upon completion of this course, participants will be able to:

- Describe the biomechanics of running
- Conduct a basic running evaluation using video methods
- Integrate findings from the physical examination and video analysis to determine appropriate injury management
- Recommend specific rehabilitation exercises to target impairments of common running-related injuries
- Recommend effective strategies to modify the running form and determine when it is appropriate to do so as part of the rehabilitation plan

Special hotel rates available at several hotels. For more information, go to the website for reservation information.



The Science of Running is recognized by the Board of Certification, Inc., to offer continuing education for certified Athletic Trainers. BOC Approved Provider Number: P8848 This program has been approved for a maximum of 14.0 hours of Category A continuing education.

Level of Difficulty: Advanced per the NATA's Professional Development Committee

Approval for physical therapists in specific states of are in process.

Most states accept the BOC approval for proof of course appropriateness for physical therapy and physical therapy assistant CEUs. However, a few states, notably Texas, California, Louisiana, Florida, and Pennsylvania, may require prior approval by the attendee before applying these CEUs for state licensure. We encourage you to check with your state on its policies.

Faculty

Irene S. Davis, PhD, PT, FAPTA

Professor, Department of Physical Medicine and Rehabilitation Harvard Medical School
Cambridge, MA

Bryan C. Heiderscheit, PT, PhD

Professor, Department of Orthopedics and Rehabilitation
University of Wisconsin-Madison
Madison, WI

Christopher M. Powers, PT, PhD, FAPTA

Professor, Division of Biokinesiology & Physical Therapy
University of Southern California
Los Angeles, CA

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