



**Cleveland Clinic**

Cleveland Clinic Independence  
5001 Rockside Road, IN 10  
Independence, Ohio 44131



**Cleveland Clinic**

CLEVELAND CLINIC REHABILITATION AND SPORTS THERAPY

## THE RUNNING SEMINAR



**MAY 5-6, 2017**

Cleveland Clinic Administrative Campus  
3050 Science Park Dr, Building 3  
Beachwood, OH 44122

## AGENDA

### Day 1: May 5, 2017

7:00-7:55am	Continental Breakfast and Registration Check-In
7:55-8:00am	Welcome
8:00-8:30am	Epidemiology and prevalence of running injuries
8:30-9:15am	The aging runner: changes in gait performance.
9:15-10:00	Rehab for patellofemoral pain: Number one running injury
10:00-10:30am	An update on performance based running
10:30-10:45am	Panel Discussion
10:45-11:00am	Break
11:00-11:30am	The use of step rate manipulation in the clinic
11:30-12:00pm	Preparing runners for the impact
12:00-12:15pm	Panel Discussion
12:15-1:00pm	Lunch (On own)
1:00-2:00pm	Clinical gait evaluation and the use of wearables in the clinic
2:00-2:30pm	Running and footstrike (heel vs. mid vs. forefoot). Is one Better?
2:30-3:00pm	Adverse running mechanics. How to correct with cues?
3:00-3:15pm	Panel Discussion
3:15-3:30pm	Break
3:30-4:00pm	What to recommend to your patient in selecting shoes?
4:00-4:30pm	Returning your patient back to sprinting
4:30-5:00pm	Long distance running and recovery
5:00-5:15pm	Panel Discussion



**FEATURED SPEAKER:** Rich Willy, PT, PhD, OCS, is a renowned biomechanics expert in running gait analysis and in running injury assessment, and will be speaking on: The aging runner: changes in gait performance, Clinical gait evaluation and the use of wearables in the clinic, and Rehab for patellofemoral pain : Number 1 running injury

### Cleveland Clinic Rehabilitation and Sports Therapy Course Faculty:

Jack Andrish, MD  
Darrell Allen, PT, DPT  
Steven Benesh, PT  
Kylene Bogden, MS, RD  
Carly Day, MD  
Michele Dierkes, PT, DPT, ATC  
Scott Euype, PT, DPT

Amanda Gordon, PT, DPT  
DJ Hass, PT, DPT  
Patti Mariano, PT, DPT  
Morgan Oberle, MD  
Nicole O'Donnell, PT, ATC  
Jenny Smith, PT, DPT  
Kristen Ward, PT, DPT

## AGENDA

### Day 2: May 6, 2017

7:00-7:55am	Continental breakfast and registration check-In
7:55-8:00am	Welcome
8:00-8:30am	An update on the literature: long distance running and OA
8:30-9:00am	Long distance running after a TKA and THA
9:00-9:30	Assessment and management of compartment syndrome
9:30-10:00	Cross-training to reduce injury for the long distance runner
10:00-10:30am	Assessment and management of stress fractures in the runner
10:30-10:45am	Panel Discussion
10:45-11:00am	Break
11:00-11:30am	Nutrition and recovery for the long distance runner
11:30-12:00pm	The Importance of cross-training for the post-partum runner
12:00-12:30	Incontinence and the female running athlete: Is it an Issue?
12:30-1:00	The journey of the ultra-marathoner
1:00-1:15	Panel Discussion

### **CONTINUING EDUCATION UNITS:**

The Cleveland Clinic is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. (BOC AP#P410)

This course is being submitted to the Ohio Physical Therapy Association for 12.0 CEUs.



Visit our website for further information: [www.sports-health.org/education](http://www.sports-health.org/education)

For Online Registration and Payment by Credit Card only:

[www.clevelandclinic.org/TheRunningSeminar](http://www.clevelandclinic.org/TheRunningSeminar)

### **COURSE DESCRIPTION**

This course is designed to give the clinician approaches to assess and manage various injuries experienced by runners.

### **COURSE OBJECTIVES**

- Comprehend the terminology and components of running as they relate to normal running biomechanics
- Discuss proper running gait mechanics and how aberrant gait patterns can influence injury and impair performance
- Discuss common lower extremity injuries as well as appropriate rehabilitation interventions