

The Department of Physical Medicine and Rehabilitation  
at the University of Virginia Health System

presents

# **RUNNING MEDICINE™** 2023



The 2023 Running Medicine conference will take place virtually and focus on **bone health** for the running athlete. The conference will present updates on evidence and innovation for the running population. Topics covered include stress fractures, surgical management of stress fractures, physical therapy interventions, bone loading, the female and male athlete triad, gait analysis, and foot wear technologies.

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**VIRTUAL**  
**Friday, March 10, 2023**



# TARGET AUDIENCE



**Physicians, Nurses, Physicians Assistants,  
Advanced Care Practitioners,  
Athletic Trainers, and Dieticians.**

## desired outcomes

- 1 Describe pathophysiology, risk factors and management of common stress fractures in runners
- 2 Prescribe physical therapy interventions to minimize stress fracture risk
- 3 List the critical stress fractures and describe surgical and post surgical management
- 4 Explain the effects of running on bone loading and strategies to minimize loading
- 5 Outline a comprehensive management plan for patients with Female and Male Athlete Triad
- 6 List important foods and elements to promote bone health
- 7 Understand the use of new technologies to perform office based gait analysis for runners
- 8 List different available shoe wear types and their usefulness in modifying stresses in runners

## AGENDA

- 8:00-8:10am**..... Welcome
- 8:10-8:55am**..... Stress Fractures in Runners  
Bob Wilder, MD, FACSM
- 9:00-9:45am**..... Surgical Management of Critical Stress Fractures in Runners  
Truitt Cooper, MD
- 9:45-10:00am**..... Break
- 10:00-10:45am**..... Physical Therapy Interventions: A Case Approach  
Laura Hodges-Long, DPT
- 10:45-11:45am**..... **KEYNOTE by Rich Willy, DPT**  
**Bone Loading during Running – Assessment & Management**
- 11:45-12:30pm**..... Lunch Break
- 12:30pm-1:15pm** ..... Hold Up - Males Can Get The Female Athlete Triad?  
Siobhan Statuta, MD, FACSM
- 1:15-1:45pm**.... It's Seeing Us, Are We Seeing It? Screening for Mental Health Concerns  
Siobhan Statuta, MD, FACSM
- 1:45-2:30pm**..... Nutrition for Bone Health  
Kristin Hamilton, RD
- 2:00-2:15pm**... Break
- 2:15-3:00pm** ..... Gait analysis: New Technologies  
Jay Dicharry PT, ATC, CSCS
- 3:00-3:45pm**..... Maximalist, Minimalist, and Super Shoes  
Dave Hryvniak, DO
- 3:45-4:00pm**..... Additional questions and wrap up

## Registration & Payment

Registration and payment are available at [www.cmevillage.com](http://www.cmevillage.com) (visit our Learning Portal or Upcoming Events). Registration will close midnight on **Sunday, March 5, 2023**. The course syllabus will be available online only the week of the conference until 30 days after the conference.

PLEASE NOTE: Policies on cancellation, payment methods and accommodation requests can be found on our website under FAQs. Additional questions, please contact [uvacme@virginia.edu](mailto:uvacme@virginia.edu) or 434-924-5310.

Physicians and Fellows ..... \$300  
Other healthcare professionals... \$250  
Students and Residents ..... \$200

## Contact Information

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Continuing Medical Education  
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## Speakers and Planning Committee

*Planning Committee marked with \**

**Truitt Cooper, MD**  
Associate Professor and Medical  
Director, Ambulatory Orthopaedic  
Clinics  
University of Virginia

**Jay M. Dicharry, MPT, SCS\***  
Founder & CEO  
MOBO, LLC,  
Bend, OR

**Kristin Hamilton, RD**  
Registered Dietician  
University of Virginia

**Laura Hodges-Long, DPT**  
Physical Therapist  
University of Virginia

**David J. Hryvniak, DO, CAQSM\***  
Assistant Professor  
UVA Department of Physical Medicine  
& Rehabilitation

**Siobhan M. Statuta, MD, CAQSM\***  
Assistant Professor  
UVA Family Medicine

**Wendy Sewack, M.Ed\***  
Program Manager  
UVA Office of Continuing Medical  
Education

**Robert P. Wilder, MD, FACS\***  
Professor & Chair  
UVA Department of Physical Medicine  
& Rehabilitation

**Richard Willy, PhD, PT**  
Chair and Assistant Professor,  
Keynote Speaker  
University of Montana

## Accreditation and Designation Statement

In support of improving patient care, the University of Virginia School of Medicine and School of Nursing is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### AMA PRA CATEGORY 1 CREDITS™

The University of Virginia School of Medicine and School of Nursing designates this live activity for a maximum of **6 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ANCC CONTACT HOURS

The University of Virginia School of Medicine and School of Nursing awards **6 contact hour(s)** for nurses who participate in this educational activity and complete

the post activity evaluation.

The University of Virginia School of Medicine and School of Nursing awards **6 hours of participation** (consistent with the designated number of AMA PRA Category 1 Credit(s)™ or ANCC contact hours) to a participant who successfully completes this educational activity. The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.

The University of Virginia School of Medicine and School of Nursing has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria.



This activity is designated for **6 AAPA Category 1 CME credits**. PAs should only claim credit commensurate with the extent of their participation.



The University of Virginia School of Medicine and School of Nursing (BOC AP#: 0002308) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs).

This program is eligible for a maximum of 6 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**Commission on Dietetic Registration**  
the credentialing agency for the  
**eat right.** Academy of Nutrition and Dietetics

### COMMISSION ON DIETETIC REGISTRATION

Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Performance Indicator selection is at the learner's discretion.