

# TACSM Annual Meeting Clinical Track

## “Running Medicine”

Brought to you by Southwest Sports Medicine and Orthopaedics - <http://www.swsportsmedicine.com/physicians/>

Sponsored by UMHB Graduate School - <http://graduate.umhb.edu/>  
& UMHB Department of Exercise & Sports Science - <http://undergrad.umhb.edu/exss/>

### TACSM Clinical Track Learning Objectives

- ❖ Evaluate common running injuries and consider biomechanics predisposing athletes to these injuries
- ❖ Distinguish between high and low risk stress fractures and explain different treatment for each
- ❖ Consider treatments for running injuries including core strength exercises, orthotics, taping and ultrasound guided interventions

### Clinical Track Meeting Agenda

- 8:00** Breakfast/Registration/Vender
- 9:00** Running Medicine Basics
- Physical Exam for Running Injuries – **Michael Chuang, DO**
  - Common Running Injuries – **Corbett Boone, MD**
  - Common Running Illness – **Jaeson Courseault, MD**
  - Q&A
- 10:10** Running Injury Prevention
- Running Injury Risk Factors – **Joseph Molloy, PT, PhD**
  - Relative Energy Deficit in Sport (Female Triad) Risk Assessment - **Nish Shah, MD**
  - Gluteal / Pelvic Core strength Rehabilitation - **Eddie Smith, DPT**
  - Q&A
- 11:45** Break/Sponsor Booths
- 12:00** Lunch- Case presentations
- Poster presentations case reports
  - High School, Undergrad- Common Injury presentation
  - Medical Student, Resident/Fellow- Interesting case
- 1:00** Break/Sponsor Booths
- 1:15** Running Injury Management
- Hard to Treat Stress Fractures - **David Haynes, MD**
  - MSK Ultrasound for Running Injuries - **Chris Miars, DO**
  - Return to Running after injury – **Ashley Luedke, ATC**
  - Q&A
- 2:45** Breakout Workshops- (Concurrent 30' sessions repeated X1)
- Orthotics- **Lynn Glass, ATC**
  - K-Taping- **Jody Moore, ATC**
  - Functional Core Strength Assessment- **Eddie Smith, DPT**
  - Lower Extremity Physical Exam- **Michael Chuang, MD** and **Nish Shah, MD**
- 3:45** Break/Sponsors
- 4:00** Roundtable Case Presentations
- Tibial Stress Fracture/Reaction (Physician, PT, ATC)
  - Hamstring Strain (Physician, PT, ATC)
- 4:45** Poster Awards
- 5:00** Adjourn

Southwest Sports Medicine and Orthopaedics is recognized by the Board of Certification to offer continuing education for Certified Athletic Trainers. This program has been approved for 7.5 CEUs.



This program has been approved by the TPTA and AAFP for 7.5 CEU/CME hours for Physical Therapists and Physicians.

#### Non-Discrimination Statement

The Texas Chapter of the American College of Sports Medicine and Southwest Sports Medicine and Orthopaedics do not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age. The Texas Chapter of the American College of Sports Medicine and Southwest Sports Medicine are committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Professional TACSM Members - \$65.00; Professional Non-TACSM Members - \$100.00 (includes a 1-year membership) Pre-registration is available through February 1, 2017 at <http://www.tacsm.org/2017annualmeeting.html>. After that date, on-site registration will be available. **On-site rates are double the rates listed below.**