

ROBERT A. FERGUSON ENDOWED LECTURE SERIES: A CONFERENCE ON RUNNING MEDICINE

CONTINUED EDUCATION

Conference Details:

Saturday, June 10, 2023

University of Alabama at Birmingham, Hill Student Center

\$20 per person; \$10 discounted groups

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AVAILABLE FOR SEVEN CATEGORY A CEUS

Speakers and Learning Objectives

Running Medicine: A Case-Based Approach

BOC AP #P12080

Amit Momaya, M.D., associate professor, UAB Department of Orthopaedic Surgery; section chief, UAB Sports and Exercise Medicine

Justin Kirk, PT, DPT, physical therapist, UAB Sports and Exercise Medicine

Learning Objectives:

1. Understand key elements in a comprehensive evaluation of a runner for lower extremity pathology.
2. Identify injuries in runners that require immediate orthopedic intervention.
3. Apply principles of running medicine to patients who are active or trying to implement a new exercise regimen.

Evidence-Based Medicine Approach to Running Injuries

Karl "Bert" Fields, M.D., Cone Health; Emeritus Fellowship Director of Sports Medicine, Cone Health; Professor of Family Medicine, University of North Carolina School of Medicine

Learning Objectives:

1. Know the 2 risk factors for running injury with the strongest evidence.
2. Understand the relative risk of knee arthritis and total hip replacement in runners.
3. Identify the muscle strengthening prescription that has the best evidence for prevention and treatment of running injury.

Relative Energy Deficiency in Sports (RED-S)

Kimberly Fagan, M.D., Fagan Sports and Exercise Medicine

Victoria "Tori" Faught, MS, RDN, LD, dietitian, UAB Department of Family and Community Medicine

Sara Gould, M.D., MPH, associate professor, UAB Department of Orthopaedic Surgery

Maryn Lowry, associate head coach, UAB Cross Country and Track and Field



**SPORTS &
EXERCISE MEDICINE**

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Learning Objectives:

1. Define RED-S
2. Identify key features of RED-S
3. Recognize athletes at risk for RED-S
4. Be competent in initial management strategies of RED-S

Roadmap to Running Nutrition

Caroline Cohen, Ph.D., RD, LD, assistant professor and clinical dietitian, UAB Department of Family and Community Medicine

Learning Objectives:

1. Understand fueling and hydration strategies to optimize running performance and recovery.
2. Define common nutrition concerns in runners.
3. Evaluate potential risks and benefits of dietary supplements for runners.

Gait Analysis and Biomechanics

Ian McKeag, M.D., assistant professor, UAB Department of Family and Community Medicine; director, UAB Sports and Exercise Medicine Fellowship

Brian Riddle, PT, DPT, OCS, MBA, ATC, CSCS, physical therapist, UAB Sports and Exercise Medicine

Karl "Bert" Fields, M.D., Cone Health; Emeritus Fellowship Director of Sports Medicine, Cone Health; Professor of Family Medicine, University of North Carolina School of Medicine

Learning Objectives:

1. Review the concepts and research of running biomechanics.
2. Walk through a gait/running 2-D analysis.
3. Observe some common abnormal running biomechanics and selected corrective strategies.

The Runner's Mindset: Psychological Aspects of Running

Sara Gould, M.D., MPH, associate professor, UAB Department of Orthopaedic Surgery

Elaine Colby, M.D., clinical assistant professor, Family and Community Medicine

Learning Objectives:

1. To understand how and why negative self-talk influences performance, and how to reverse (destructive) negative self-talk.
2. To describe the principles of mindfulness, and centering, and learn how the development of these skills can help runners overcome adversity, fear, and disappointment.
3. To provide an introduction to imagery and visualization, and learn how to incorporate these tools into a training program.

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Orthotics/Footwear

Karl "Bert" Fields, M.D., Cone Health; Emeritus Fellowship Director of Sports Medicine, Cone Health; Professor of Family Medicine, University of North Carolina School of Medicine

Learning Objectives:

1. Discuss foot structure and relationship to use of orthotics
2. Review "Comfort theory" hypothesis of effective orthotic function
3. Demonstrate examples of materials and how they relate to use of orthotics in athletes

Performance Improvement in the Runner

Jaiquan Crook, personal trainer, UAB Department of Family and Community Medicine

Maryn Lowry, associate head coach, UAB Cross Country and Track and Field

Kurt Thomas, head coach, UAB Track and Field

Learning Objectives:

1. Strength & conditioning to enhance runner's performance
2. Learning the mechanics of speed
3. Improving endurance performance

Medical Considerations in the Running Athlete

Heath Hale, M.D., MPH, associate professor, UAB Department of Family and Community Medicine; director, UAB Student Health Services Sports Medicine Clinic; medical director, UAB Athletics

Learning Objectives

1. Gain exposure to common non-musculoskeletal medical conditions that can be seen in the running athlete.
2. Develop strategies to prevent medical conditions that could adversely impact a runner's health and performance.
3. Learn treatment options for various medical conditions associated with the sport of running.

Register with QR code:

