

Room 1

Getting the Injured Runner Back On the Road

Speaker: David Nolan, PT, DPT, MS, OCS, CSCS; Senior Physical Therapist MGH Sports Physical Therapy and Associate Professor Northeastern University Department of PT

Committee Liaison: Marie Corkery, PT, MHS, DPT, FAAOMPT

With an estimated 30 million runners nationwide lower extremity injuries are quite common. Many of those runners will seek the care of a physical therapist. This course is designed to review normal and abnormal lower extremity kinetics and kinematics as it relates to common running related injuries. Differences between normal walking gait and running biomechanics will be outlined. Topics will include factors contributing to running related injuries that are extrinsic and intrinsic to the body. Faulty biomechanics at the foot and ankle complex as well as abnormalities further up the kinetic chain will be examined as they relate to pathology of the lower quarter. Strategies for both recognizing these intrinsic factors and evidence-based rehabilitation interventions will be discussed. Utilization of footwear recommendation and orthotic prescription as treatment interventions will also be described. Synthesis of the information in this presentation will be facilitated through the use of patient case studies that will include video analysis of both walking and running. The knowledge gained from this session will provide the clinician with the tools necessary to successfully integrate sound, evidence-based management and prevention strategies into the care of patients with running related injuries.

Time: 8:00 am – 5:00 pm (Total contact hours: 6)

Course Segments:

8:00 a.m. – 10:00 a.m. (2 hours)

Break for Exhibitors: 10:00 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m. (1.5 hours)

Lunch: 1:00 p.m. – 2:15 p.m.

2:15 p.m. – 3:45 p.m. (1.5 hours)

Break: 3:45 p.m. – 4:00 p.m.

4:00 p.m. – 5:00 p.m. (1 hour)