Running is an extremely popular athletic activity, amounting to nearly 30 million runners in the United States alone. According to Running USA, the number of long-distance runners has soared during the last several decades with 25,000 marathon finishers in the mid-1970s increasing to 518,000 marathon finishers in 2011. Of those runners, between 27-79% will become injured each year (1). Of those injured runners, 49% of the injuries will reoccur (2). As physical therapists, we are often responsible for returning these injured athletes back to the road. This 3-hour lecture and lab-based course will introduce attendees to the most current scientific evidence regarding treatment of the runner, including current concepts, running specific exercises, gait analysis and gait retraining.

Upon completion of this course, the participants will be able to:

• Identify common training errors among runners and educate their patients about injury prevention and common causes for injury.
• Appropriately screen the runner and identify important gender specific issues.
• Understand the research behind gait retraining and identify common gait dysfunctions in runners using 2D gait analysis.
• Develop a return to running program for common running injuries.
• Address common running injuries seen in the clinic using evidence based interventions including:
  o Gait retraining
  o Running specific neuromuscular re-education and strengthening
  o Stretching (Dynamic vs. Static)
  o Running drills

Instructor Biography

Following graduation from Emory University’s Physical Therapy program, Kate completed an Orthopaedic Physical Therapy Residency at Achieve Orthopedic Rehab Institute in Chicago. She was one of less than 1500 physical therapists nationwide to complete this rigorous post-graduate training before returning to Atlanta to work at the Sports Rehabilitation Center. While at Sports Rehabilitation Center, she worked with adults with orthopedic and sports-related injuries and was instrumental in developing and marketing a semi-annual injury prevention and sports performance running clinic as well as a ski/snowboarding clinic. In 2012, Kate joined Back 2 Motion Physical Therapy, where she works with a multi-disciplinary team in the treatment of complex orthopedic and sports-related injuries. Kate has focused primarily on the treatment of the injured runner and triathlete, which comprise 80% of her patient population. Kate is a member of both the Orthopaedic and Sports sections of the American Physical Therapy Association and of the Running Special Interest Group. In addition to her residency training, Kate is trained in intramuscular manual therapy (trigger point dry needling), Redcord, SMFA and has advanced manual therapy training. Outside of the clinic, Kate is a member of the Atlanta Track Club and has competed in 14 marathons, inclusive of running in the Boston Marathon three times. She is also the head running coach for the Rally Foundation and a team leader in the medical tent for the Peachtree Road Race, Atlanta Marathon and Thanksgiving Day Half Marathon. Kate is often joined on the road with her marathon-runner husband, Brian, and her Weimaraner, Austin.

Course Schedule

5:30 PM – 5:45 PM  
Registration  
Dinner

5:45PM – 8:20 PM  
Treating the Injured Runner: A Comprehensive and Evidence-based Approach

8:20 PM – 8:30 PM  
Questions & Answer Session  
Conclusion

Registration and Payment

Register Now!  
https://secure.jotformpro.com/form/31204152267949

In order to assure your security, our registration and payment systems are kept separate. In your email registration confirmation, you will receive detailed payment instructions.

Current or Recent Emory PT Clinical Instructor (2011-2013): FREE*  
Current Emory Employee: FREE*  
Unaffiliated Therapist: $30.00*

*A light dinner will be provided with this course

Treating the Injured Runner  
Presented by Kate Edwards, PT, DPT, OCS