THE COLUMBIA UNIVERSITY
RUNNING SYMPOSIUM

SCIENCE MEETS PRACTICE:
MANAGING INJURIES AND
OPTIMIZING PERFORMANCE

JUNE 1, 2019
COURSE DIRECTOR
Colleen M. Brough, PT, DPT, MS
Board-Certified Orthopedic Clinical Specialist
Founding Director, Columbia RunLab
Assistant Professor of Rehabilitation &
Regenerative Medicine (Physical Therapy) at CUIMC
Programs in Physical Therapy
Columbia University

FACULTY

Zach Bailowitz, MD
Sports Medicine Fellow
Department of Rehabilitation
New York Presbyterian
University Hospital for Columbia and Cornell

Julie Ehrlich, PT, DPT
Physical Therapist
Orthology, New York, NY

Farah Hameed, MD
Assistant Professor of Rehabilitation & Regenerative Medicine at CUIMC
Chair, Quality and Patient Safety
Medical Director, Women’s Health Rehabilitation

Sam Heller, MS, RD, CDN
Senior Clinical Nutritionist
NYU Langone Health
New York, NY

Jon Jezequel, PT, DPT
Board-Certified Orthopedic Clinical Specialist
Board-Certified Sports Clinical Specialist
Orthology, New York, NY

Michael Johnson, MPT, DSc
Board-Certified Orthopedic Clinical Specialist
Board-Certified Sports Clinical Specialist
Director, Orthopedic Clinical Residency
Assistant Professor of Rehabilitation & Regenerative Medicine (Physical Therapy) at CUIMC

Rami Said, DPT, MEng
Board-Certified Orthopedic Clinical Specialist
Senior Physical Therapist
The Spine Hospital at the Neurological Institute of New York
Columbia University Irving Medical Center

Mahlon K. Stewart, PT, DPT
Board-Certified Geriatric Clinical Specialist
Assistant Professor of Rehabilitation & Regenerative Medicine (Physical Therapy) at CUIMC

Jean Fitzpatrick Timmerberg, PT, PhD, MHS
Board-Certified Orthopedic Clinical Specialist
Associate Director, Columbia University Programs in Physical Therapy
Assistant Professor of Rehabilitation & Regenerative Medicine (Physical Therapy) at CUIMC

Christopher Kevin Wong, PT, PhD
Board-Certified Orthopedic Clinical Specialist
Associate Director of Faculty Development, Columbia University Programs in Physical Therapy
Associate Professor of Rehabilitation & Regenerative Medicine (Physical Therapy) at CUIMC
**COURSE SCHEDULE**  
**SATURDAY, JUNE 1, 2019**

8:00-8:30 AM  
Registration & Continental Breakfast

8:30-8:40 AM  
Welcome and Introductions

8:40-9:00 AM  
Implementing Science into Practice: Rehabilitation Strategies to Optimize Performance and Stay Injury-Free  
Jean Fitzpatrick Timmerberg, PT, PhD, MHS, OCS

9:00-9:20 AM  
Does the Key to Injury Prevention Lie in Foot Core Training?  
Colleen Brough, PT, DPT, MS, OCS

9:20-9:40 AM  
Leveraging Nutrition for Peak Performance  
Sam Heller, MS, RD, CDN

9:40-9:50 AM  
Audience Q & A with Expert Panel

9:50-10:10 AM  
Break

10:10-10:30 AM  
The Role of Biologics and the Injured Runner  
Zach Bailowitz, MD

**Hot Topics and Special Populations**

10:30-10:50 AM  
The Pregnant Runner: Special Considerations  
Farah Hameed, MD

10:50-11:10 AM  
Running and the Tactical Combat Athlete  
Michael Johnson, MPT, DSc, OCS, SCS

11:10-11:20 AM  
Audience Q & A with Expert Panel

11:20-11:40 AM  
Youth Runners: Unique Challenges and Considerations  
Jon Jezequel, PT, DPT, OCS, SCS

11:40-12:00 PM  
The Age of the Older Adult Champion is Now  
Mahlon Stewart, PT, DPT, GCS

12:00-12:10 PM  
Audience Q & A with Expert Panel

12:10-1:00 PM  
Lunch

**Interactive Cases**

1:00-1:40 PM  
Lumbar Instability in Runners: What Tissue is the Issue?  
Rami Said, PT, DPT, MEng, OCS

1:40-2:20 PM  
Stress Fractures and Blood Flow Restriction Training in Runners: Where the Evidence Leads  
Julie Erlich, PT, DPT

2:20-3:00 PM  
Gaining the Competitive Advantage: Lessons from Amputee Runners  
C. Kevin Wong, PT, PhD, OCS

3:00 PM  
Adjourn
PROGRAM DESCRIPTION & OBJECTIVES

DESCRIPTION: This comprehensive full-day course reviews the most effective methods to identify biomechanical patterns and performance variables linked to increased risk of injury in the running athlete. Faculty will provide evidence support for best practice examination and treatment approaches in endurance runners and explore considerations for specialized running populations.

Course participants will have the opportunity to refine their skills through interactive case presentations and will gain comprehensive understanding of state-of-the-art advances to manage musculoskeletal conditions seen in the running athlete. The primary course goal is to equip the clinician with the skills and knowledge to effectively manage running injuries and to optimize running performance.

OBJECTIVES: At the completion of the course, the participant will be able to:
1. Understand the biomechanics of running
2. Review critical components of lumbopelvic, knee and foot mechanics, during running that are related to lower extremity injury
3. Identify pathomechanics and abnormal running patterns in the running athlete that are linked to injury as supported by the literature and how to evaluate them.
4. Discuss running variables that can be modified to enhance performance
5. Review the most effective treatment approaches to managing lower extremity injury in the running athlete
6. Review common procedural and regenerative sports medicine techniques to compliment physical therapy care
7. Identify preventative approaches and practice optimization techniques for specialized running populations
8. Identify nutritional advances to optimize performance of the running athlete
ACCREDITATION STATEMENTS
Columbia University is approved by the New York State Education Department's State Board for Physical Therapy as an approved provider of continuing education for physical therapists and physical therapist assistants. A certificate of attendance for 5 contact hours of educational activity will be awarded to registrants upon completion of the course evaluation.

Certification by the New Jersey State Board of Physical Therapy Examiners is pending.

LOCATION & PARKING
Columbia University Irving Medical Center
Roy and Diana Vagelos Education Center, Room 201
104 Haven Avenue
New York, New York 10032

Parking is available at the New York-Presbyterian/Columbia University Irving Medical Center parking lot, located on the southwest corner of Fort Washington Avenue and West 165th Street.

REGISTRATION
Online Only. Register here.
Telephone registrations and cancellations are not accepted.

TUITION
$150.00

REFUND POLICY: Refund of registration fee, less a $25 administrative charge, will be made if written notice of cancellation is received within 48 hours in advance of the program. Refunds cannot be given for “no-shows” or cancellations received after that time. Cancellations should be made directly through Vanessa Corwin at vc2293@cumc.columbia.edu. Please attach proof of payment to your cancellation email. No refunds can be made thereafter.

AMERICANS WITH DISABILITIES ACT
The Columbia University Vagelos College of Physicians and Surgeons fully complies with the legal requirements of the ADA and the rules and regulations thereof. Any participant with special needs must submit a written request to our office at least one month prior to the course date.
If you have any questions regarding the course, you may contact the director, Dr. Colleen Brough, at cb2877@cumc.columbia.edu