

RUNNING MEDICINE™ **2025**

Friday
March 14
VIRTUAL

Program Agenda- March 14, 2025

8:00-8:10 AM Opening Remarks Robert Wilder, MD

8:10-9:00 AM Hamstrung No More: Diagnostic & Management Options for Hamstring Injuries in Runners
Bryan Heidersheit, PhD, FACSM

9:00-9:50 AM Race Medicine: Current Guidelines & Recommendations John Cianca, MD

9:50-10:00 AM BREAK

10:00-10:50 Challenging Return to Run Plans: Managing the Runner with Exertional Heat
Illness, Sickle Cell, and Rhabdomyolysis- Fran O'Connor, MD, MPH, FACSM

10:50-11:40 Prevention of Bone Stress Injury in Collegiate Runners: An Outcome Study and Implementation
Plan Michael Fredericson, MD, FACSM

11:40-12:30 PM LUNCH BREAK

12:30-1:20 PM Medical Management of the Runner with Bone Stress Injury Sara Raiser,
MD

1:20-2:10 PM Ten Jet: A New Regenerative Medicine Option for Running Related Tendinopathy David
Hryvniak, MD

2:10-2:20 PM BREAK

2:20-3:10 PM An Updated Approach to the Runner with Exertional Leg Pain: A Case Approach Robert Wilder,
MD, FACSM

3:10-4:00 PM Tough Cases: A Panel Approach to Complicated Cases Presenting to the Runner's Clinic
Sara Raiser, MD

4:00-4:10 PM Closing Remarks

Accreditation & Designation Statement



In support of improving patient care, this activity has been planned and implemented by UVA Health Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

AMA PRA CATEGORY 1 CREDIT

UVA Health Continuing Education designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ATHLETIC TRAINER



UVA Health Continuing Education (BOC AP#: 0002308) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 6 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

HOURS OF PARTICIPATION

UVA Health Continuing Education awards **6.0 hours of participation** (consistent with the designated number of *AMA PRA Category 1 Credit(s)™* or ANCC contact hours) to a participant who successfully completes this educational activity. UVA Health Continuing Education maintains a record of participation for six (6) years.

Invited Speakers:

John Cianca, MD

Michael Fredericson, MD, FACS

Bryan Heidersheit, PhD, FACS

Francis O'Connor, MD, MPH, FACS COL (ret.) MC, USA

UVA Speakers and Planning Committee:

Shelley Blakey, DAT, LAT, ATC*

Laura Hodges-Long, DPT*, Physical Therapist

David J. Hryvniak, DO, CAQSM* Assistant Professor

Wendy Sewack, M.Ed* Program Manager, UVA Office of Continuing Medical Education

Robert P. Wilder, MD, FACS* Professor & Chair, Course Director

*Indicates Planning Committee Member

Disclosures:

The following have disclosed **no financial relationship** or interest with any proprietary entity producing healthcare goods or services.

David Hryvniak, DO

Wendy Sewack, MPH

Laura Hodges-Long

Robert Wilder, MD

Sara Raiser, MD indicated a financial relationship with Bauerfeind USA Inc. for research sponsorship in the area of ankle braces for shin splint treatment.

Bryan Heidersheit, PhD indicated a financial relationship with GE Healthcare for research support and with Springbok Analytics as an advisor.

DISCLOSURE OF FACULTY FINANCIAL AFFILIATIONS

UVA Health Continuing Education as a Joint Accreditation Provider adhere to the ACCME ***Standards for Integrity and Independence in Accredited Continuing Education***, released in December 2020, as well as Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines. As the accredited provider for this CE/IPCE activity, we are responsible for ensuring that healthcare professionals have access to professional development activities that are based on best practices and scientific integrity that ultimately supports the care of patients and the public.

All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff and planning committee engaged in the development of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

DISCLOSURE OF DISCUSSION OF NON-FDA APPROVED USES FOR PHARMACEUTICAL PRODUCTS AND/OR MEDICAL DEVICES

As a Joint Accreditation provider, UVA Health Continuing Education, requires that all faculty presenters identify and disclose any off-label or experimental uses for pharmaceutical and medical device products. It is recommended that each clinician fully review all the available data on new products or procedures prior to clinical use.

REGISTRATION:

VIRTUAL ATTENDEES: \$50

Register at <https://UVA.cloud-cme.com/runmed25>