



Mary Free Bed
Rehabilitation Hospital

WHEN THE FEET HIT THE GROUND ... RUNNING

Saturday, March 27 and Sunday, March 28

LOCATION

Mary Free Bed Professional Building
Meijer Conference Center
350 Lafayette Ave. SE
Grand Rapids, MI 49503

COURSE DESCRIPTION

This running-injury management and prevention course is a two-day, 15-contact hour physical therapy continuing education seminar (15 CEUs) focused on getting the therapist up to speed on common running terms, running biomechanics and assessment of the runner from head to toe.

Faculty will present current and clinically useful evidence-based evaluation and treatment techniques for running-injury prevention. Course participants will receive:

- Comprehensive, foundational anatomical and biomechanical content
- Overview of a novel movement assessment system and examination techniques specific to the running athlete
- Specific intervention strategies for management of running-related musculoskeletal dysfunction
- Examination of foot biomechanics, running style and learning to perform clinically relevant video gait analysis.

This course will provide updated information on injuries common to the runner, including pathologies of the hip, knee, lower leg, foot and ankle. Information on footwear and semi-custom orthotics is interwoven with other varied specialty interventions and clinical pearls that can be used to achieve immediate results.

AUDIENCE

Utilizing the latest research in biomechanics, expert evaluation and best treatment options, this course includes substantial lab and practical application time ideal for physical therapists, physical therapy assistants, athletic trainers, certified pedorthists and other interested professionals.

HANDS-ON LEARNING

Participants will have opportunities to practice techniques in several hands-on lab sessions. Daily reviews will help participants to obtain and remember the most pertinent information.

COURSE OBJECTIVES

At the completion of this physical therapy continuing education course, participants should be able to:

- Describe biomechanical differences between walking and running
- Compare and contrast various running styles/techniques
- Articulate important key factors in foot biomechanics
- Discuss current concepts about how and why to alter running mechanics
- Effectively perform a movement screen and rate functional performance
- Systematically perform detailed biomechanical evaluation of lower quarter
- Identify the potential causes of movement dysfunction
- Create comprehensive treatment plans for a wide variety of running-related musculoskeletal dysfunctions
- Understand how to perform a 2D video gait analysis and interpret findings
- Summarize current research on running injuries and evidence-based treatment strategies related to these injuries
- Learn and practice running-specific exercises for hip and knee
- Learn and practice running-specific exercises for leg, ankle and foot
- Demonstrate efficient performance of two taping techniques: navicular sling and fibulae repositioning
- Describe common categories of running shoes and their role in intervention with varied running injuries
- In the context of clinical case studies, choose examination techniques, describe important findings, relate findings to underlying cause of injury and design effective and creative treatment plans.

COURSE SCHEDULE

Saturday, March 27

7:30-8 a.m.

Registration/Continental breakfast (provided)

8 a.m.-Noon

Morning sessions

- General Running Injuries
- Normal Foot Mechanics
- Practical Lab – Subtalar Neutral Assessment
- Running Kinetics and Kinematics
 - Walking versus Running
 - LE Alignment and Biomechanics
 - Vertical Ground Reaction Forces
 - Barefoot versus Shod Running
 - Cadence Manipulation and Running Form
 - Clinical Case Studies

Noon-1 p.m.

Lunch (provided)

1-5:30 p.m.

Afternoon sessions

- Practical Lab – Corrective Drills for Form
- Movement Assessment and Biomechanical Evaluation Lab
- Video Running Gait Analysis
- Taping Techniques
- Biomechanical Evaluation

5:50 p.m.

Adjourn

Sunday, March 28

7:30-8 a.m.

Registration/Continental breakfast (provided)

8 a.m.-Noon

Morning sessions

- Running Injuries and Treatment Related to Hip and Knee
 - Hamstring
 - Patellofemoral Pain
 - Hip Labral Tears
 - IT Band Syndrome
- Practical Lab – Corrective Exercises for Hip and Knee
- Running Injuries and Treatment Related to the Lower Leg
 - Shin Splints/MTSS
 - Compartmental Syndrome
 - Stress Fractures

Noon-1 p.m.

Lunch (provided)

1-5 p.m.

Afternoon sessions

- Running Injuries and Treatment Related to the Lower Leg
 - Achilles Tendinosis
 - Plantar Fasciitis
- Practical Lab – Corrective Exercises for Leg, Ankle and Foot
- Current Update on Running Shoes
- Orthotics: Over-the-counter and Semi-Custom Devices
- Putting It All Together – Corrective Action for Faults

5 p.m.

Evaluation/Adjourn

COURSE INSTRUCTORS

Paul Drumheller, MPT, OCS, SCS, CSCS

Paul is the owner and practicing physical therapist at 3Dimensional PT & Sports Conditioning in Tacoma, Washington. He received a bachelor's degree in Exercise Physiology from the University of California at Davis in 1991 and a Masters of Physical Therapy from the University of Puget Sound in 1994. Paul is board-certified as a clinical specialist in orthopedic and sports. He is a certified strength and conditioning specialist through the National Strength and Conditioning Association.

He has honed his foot and ankle skills since 2002 while lab assisting for the original "When the Feet Hit the Ground ... Everything Changes" team. He became a primary speaker for the final two years of the course. He is excited about presenting the new and improved course material to a new group of professionals eager to learn how to assess and treat foot pathologies based on current research.

Paul has seen how influential subtle changes in the foot can make a difference up the chain. He has lectured locally and nationally on several orthopedic- and sports-related topics. He co-developed and teaches the national continuing education course titled "Managing the Runner" (now "When the Feet Hit the Ground ... Running") since 2011.



Robyn Smith, MS, PT, SCS, CGFI-M2

Robyn is a board-certified sports physical therapist with extensive experience in sports medicine and orthopedic physical therapy as well as directing performance enhancement and wellness programs. A physical therapist with Mary Free Bed's Sports Rehabilitation program, Robyn has worked with runners and golfers of all ages and ability levels, from the novice to the elite athlete, and is the owner of Elite Golf and Running Performance. Her passion lies in injury prevention as well as performance enhancement.

Robyn has been a consultant for Merrell footwear, a clinical presenter for Vasyli Medical Group and has provided educational seminars in running, golfing and triathlete injury prevention. She has lectured nationally and internationally on topics including ACL injury prevention, foot and ankle mechanics, running mechanics and injury prevention. She has lectured for the North American Sports Medicine Institute on knee- and shoulder-related topics, Selective Functional Movement Assessment and co-developed Managing the Runner.

Robyn, who received the Emerging Leader Award from the American Physical Therapy Association in 2007, co-authored a book chapter on The Physically Active Female and the Spine Injuries in Sports SPTS home study course. She's been a competitive gymnast, runner and triathlete herself and understands the motivation, dedication and hard work that goes into sport.



REGISTRATION INFORMATION

Standard Tuition: \$525

Check the website below for additional details.

Follow the link below to register. (Registration is available only through this link)

<https://www.whenthefeethittheground.com/course-registration>

For registration questions concerning limited availability courses, call 253.274.1884.

CANCELTION/REFUND POLICY

Please check the website for details.

**Mary Free Bed will not be responsible for the refund of registration fees, travel or hotel expenses.*

AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512; www.flygrandrapids.org.

There are many lodging options in and around the Grand Rapids area, including but not limited to:

AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW, Grand Rapids, MI 49503
616.774.2000

0.9 miles west of Mary Free Bed

HOLIDAY INN

310 Pearl St. NW, Grand Rapids, MI 49504
616.235.7611
Downtown Grand Rapids at US-131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe Ave. NW, Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton and Monroe
One mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW, Grand Rapids, MI 49503
616.451.2300
One-mile northwest of Mary Free Bed

HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Place NE, Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Ave. SW, Grand Rapids, MI 49548
616.871.9700
South of downtown Grand Rapids at US-131 and 68th Street
Nine miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT

450 Center Drive, Grand Rapids, MI 49544
616.785.1600 or 888.287.9400
springhillsuites.marriott.com
1-96 and Alpine Avenue
Five miles north of downtown Grand Rapids

STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512
616.464.3200
29th Street and Lake Eastbrook Boulevard
Eight miles east of Mary Free Bed

SLEEP INN & SUITES

4824 29th St. SE, Grand Rapids, MI 49512
616.975.9000
29th Street and East Paris Avenue
Eight miles east of Mary Free Bed

