

## Registration

Registration and payment can be made online at MossRehabConference.com, mailed to the address below or faxed along with this form to Sheila Wallace at 215-663-6457 by **Monday, June 30, 2014.**

- Yes, I will attend **Current Concepts in the Running and Throwing Athlete** at Arcadia University on July 12, 2014.
- No, I cannot attend but am interested in this event. Please contact me for future educational events.

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

Discipline: \_\_\_\_\_ Job Title: \_\_\_\_\_

License Number: \_\_\_\_\_

Organization: \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Do you have any special needs of which we should be aware?  
\_\_\_\_\_  
\_\_\_\_\_

### Fee:

**Allied Health Professionals: \$75**

**Physicians: \$100**

**Payment can be made by check only, paid to the order of MossRehab. Please send your payment to:**

MossRehab  
Attention: Sheila Wallace  
Room 303 West  
60 Township Line Road  
Elkins Park, PA 19027

MossRehab and Einstein employees will be placed on a waiting list and notified by email if space is available.

### Cancellation Policy

For cancellations up to seven days prior to the course, there is a \$50 non-refundable administrative processing fee. For cancellations less than seven days prior to the course, there are no refunds. Full policy will be disclosed with course confirmation.

### Information

For questions about the program or registration, please contact Sheila Wallace, wallacsh@einstein.edu or by phone 215-663-6457.

Advanced registration is required due to space limitations. Registration is on a first-come, first-served basis.



60 Township Line Road  
Elkins Park, PA 19027

## CURRENT CONCEPTS IN THE RUNNING AND THROWING ATHLETE

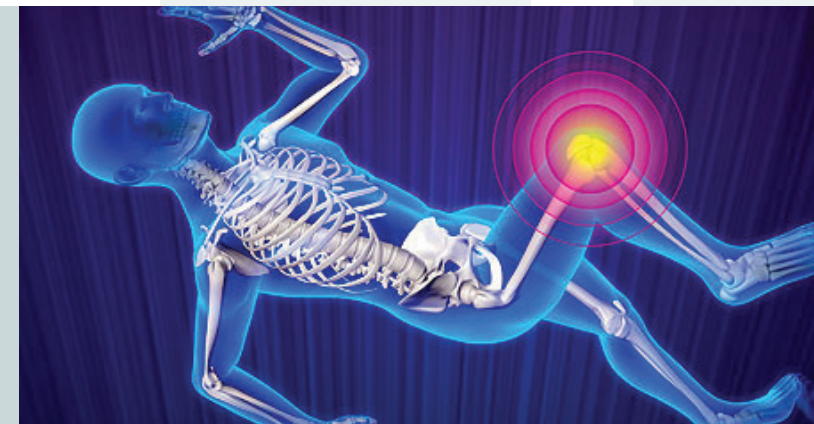
**Saturday, July 12, 2014**

**7:30 a.m. to 4:30 p.m.**

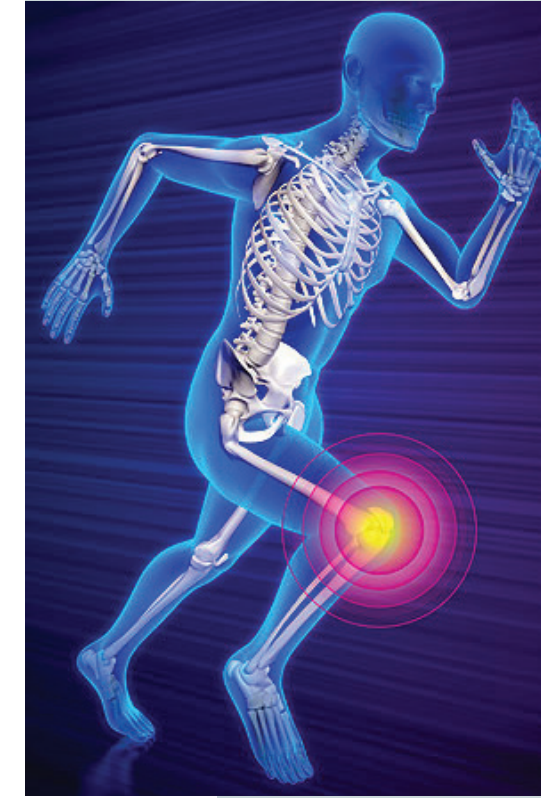
**Hosted by Moss Sports Rehab and Einstein Sports Medicine**

**Exhibitors:**  
DUO Global  
Patterson Medical

For a complete list of MossRehab continuing education conferences, go to [www.MossRehabConference.com](http://www.MossRehabConference.com).



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# CURRENT CONCEPTS IN THE RUNNING AND THROWING ATHLETE

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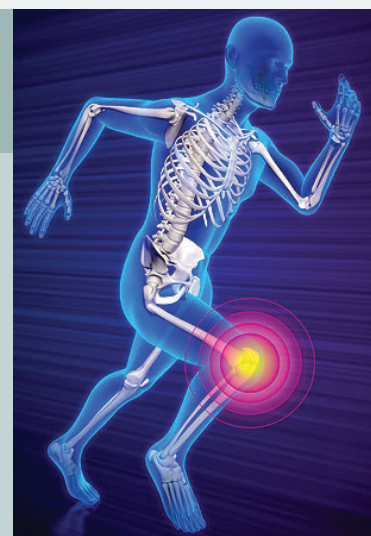
**Hosted by Moss Sports Rehab and Einstein Sports Medicine**

**Arcadia University  
450 S. Easton Road  
Glenside, PA 19038**





# CURRENT CONCEPTS IN THE RUNNING AND THROWING ATHLETE



Hosted by Moss Sports Rehab and Einstein Sports Medicine

Saturday, July 12, 2014

Program: 7:30 a.m. to 4:30 p.m.

Arcadia University, University Commons Room  
450 S. Easton Road  
Glenside, PA 19038

## Presentation overview:

This course is designed to improve the clinician's knowledge base and expertise in the evaluation, examination and treatment of both the running and the throwing athlete. Running mechanics and treatment strategies and interventions will be discussed from both a surgical and rehabilitative perspective. The course will explore throwing kinematics and the role of pain and fatigue in the development of throwing injuries. Presenters will describe how the kinetic chain can be used to guide examination and treatment across a variety of athletic injuries.

## Program objectives:

1. Participants will be able to describe running and throwing mechanics and discuss common adaptations in each population..
2. Participants will be able to select examination techniques specific for each population and synthesize findings.
3. Participants will be able to apply information from mechanical analysis and evaluation to develop appropriate intervention strategies for each population.

**Course level:** Intermediate

## Target audience:

Physical therapists, athletic trainers and physicians.

## Cost:

Allied Health Professionals: \$75

Physicians: \$100

MossRehab and Einstein full-time and part-time employees are automatically placed on a waiting list and notified by email if space is available.

Payment can be made online at [www.MossRehabConference.com](http://www.MossRehabConference.com) or by check only, paid to the order of MossRehab.

For questions about the program or registration, please contact Sheila Wallace at [wallacsh@einstein.edu](mailto:wallacsh@einstein.edu) or by phone at 215-663-6457.

Advanced registration is required due to space limitations. Registration is on a first-come, first-served basis.

## Directions, transportation and parking information:

See map of Arcadia University below, or go to [www.arcadia.edu/admissions/default.aspx?id=1565](http://www.arcadia.edu/admissions/default.aspx?id=1565).



University Commons is #14 on the map.

## Contact Hours: 7.25 Continuing Education (CE) Credits:

### Requirement for successful course completion:

Satisfactory completion of the continuing education units consists of full attendance with monitored sign in and sign out forms and completion of a course feedback form that includes self assessment of learning outcomes.

**Accreditation statement:** Einstein Medical Center Philadelphia is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians.

**Credit designation statement:** Einstein Medical Center Philadelphia designates this live educational activity for a maximum of 7.25 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

**Conflict of interest statement:** Faculty and all others who have the ability to control the content of continuing

medical education activities sponsored by Einstein Healthcare Network are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

## Board of Certification approved provider statement:

Moss Sports Rehab is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.25 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC approved provider number: P3422

## Pennsylvania State Board of Physical Therapy and New Jersey State Board of Physical Therapy



**Examiners:** This program has been submitted to Pennsylvania State Board of Physical Therapy and New Jersey State Board of Physical Therapy Examiners for 7.25 contact hours.

## Conference Agenda

7:30 to 7:55 a.m. Registration and Continental Breakfast

7:55 to 8 a.m. Welcome  
MICHAEL PARLATORE, PT, DPT, Physical Therapist, MossRehab

8:00 to 8:45 a.m. To Run or Not to Run: Making Strides in Surgical Treatment of Cartilage and Meniscus Injuries  
MINN SAING, MD, Orthopedic Surgeon, Einstein Orthopedics

8:45 to 9:30 a.m. Specific Exercise Prescription for the Running Population  
JOHN FEELEY, MSPT, Physical Therapist, MossRehab

9:30 to 9:45 a.m. Discussion Panel  
MINN SAING, MD, Orthopedic Surgeon, Einstein Orthopedics  
JOHN FEELEY, MSPT, Physical Therapist, MossRehab

9:45 to 10 a.m. Break: Exhibitor Hall

10 to 10:45 a.m. Common Foot and Ankle Injuries in the Running Athlete  
ANTHONY NDU, MD, MBA, Orthopedic Surgeon, Einstein Orthopedics

10:45 to 11:30 a.m. Management of Running-Related Injuries and Gait Retraining  
BRIAN ECKENRODE, PT, DPT, OCS, Assistant Professor, Orthopedic Physical Therapy, Arcadia University

11:30 to 11:45 a.m. Discussion Panel  
ANTHONY NDU, MD, MBA, Orthopedic Surgeon, Einstein Orthopedics

BRIAN ECKENRODE, PT, DPT, OCS, Assistant Professor, Orthopedic Physical Therapy, Arcadia University

11:45 to 12:30 p.m. Lunch: Exhibitor Hall

12:30 to 1:15 p.m. The Spectrum of Throwing: Youth through Adulthood  
ELLIOT GREENBERG, PT, DPT, OCS, CSCS, Physical Therapist, Sports Medicine & Performance Center, Children's Hospital of Philadelphia

1:15 to 2 p.m. The Role of Pain and Fatigue on Muscle Function  
PHIL McCLURE, PhD, PT, Professor, Department of Physical Therapy, Arcadia University

2:00 to 2:15 p.m. Discussion Panel  
ELLIOT GREENBERG, PT, DPT, OCS, CSCS, Physical Therapist, Sports Medicine & Performance Center, Children's Hospital of Philadelphia

PHIL McCLURE, PhD, PT, Professor, Department of Physical Therapy, Arcadia University

2:15 to 2:30 p.m. Break: Exhibitor Hall

2:30 to 3:30 p.m. Integrating the Kinetic Chain: Examination and Evaluation of the Throwing Athlete  
JEFFREY NORTH, MD, Attending Physician, MossRehab, Section Chief of Physical Medicine and Rehabilitation, Einstein Medical Center Montgomery

3:30 to 4:15 p.m. Integrating the Kinetic Chain: A Case Presentation  
MICHAEL PARLATORE, PT, DPT, Physical Therapist, MossRehab

4:15 to 4:30 p.m. Discussion Panel  
JEFFREY NORTH, MD, Attending Physician, MossRehab, Section Chief of Physical Medicine and Rehabilitation, Einstein Medical Center Montgomery  
MICHAEL PARLATORE, PT, DPT, Physical Therapist, MossRehab

