

IIRM 2019 Sports Medicine Conference: Interprofessional Management of Endurance Medicine

Conference Objectives

- Outline a decision-making strategy for the differential diagnosis of the collapsed runner.
- Develop a prevention strategy for biomechanical risk factors that may contribute to running-related injury.
- Discuss injuries and medical conditions commonly experienced by athletes with selected disabilities.
- Identify factors that increase runner resilience and ability to tolerate training load in regards to stresses placed on the musculoskeletal system during distance running.
- Explain the diagnosis and encounter data from the Marine Corps Marathon as it pertains to the runner's time on the course.
- Identify diagnostic features of ultrasonography when used at the medical tent of an endurance event.
- Explain the criteria for diagnosis of exertional hyponatremia and its role in administering appropriate treatment.
- Describe best practices for managing pre-hospital care of exertional heat stroke.
- Discuss how deep tissue massage is used in the medical tent of an endurance event.
- Discuss techniques to manage acute traumatic injuries using tourniquets and hemostatic agents.
- Outline basic EKG concepts including interpretation of EKG rhythm strips.

Expected Outcome

- Participants will rate their ability to effectively manage endurance athletes as high or higher compared to before the program



International Institute for
Race Medicine

IAAF™ | **Health & Science**

Conference Schedule: Saturday April 13, 2019

7:15 am	Registration & Continental Breakfast
8:00	Course Welcome: <i>David Nolan, PT, DPT, MS, OCS, SCS, CSCS</i>
8:15-9:00	The Collapsed Athlete: It Isn't Always the Heart: <i>Paul D. Thompson, MD</i>
9:00-9:45	Optimizing Mechanics to Minimize Injuries: <i>Irene Davis, PhD, PT, FACSM, FAPTA, FASB</i>
9:45-10:30	Athletes with Disabilities: <i>David (DJ) Cormier, DO, DPT</i>
10:30	Break
10:45-11:30	The Musculoskeletal Stress of Distance Running: <i>Rebecca G. Breslow, MD</i>
11:30-12:15	The Marine Corps Marathon Medical Tent Experience: <i>Michele Weinstein, PT, MS, SCS, ATC</i>
12:15-12:30	An IIRM Perspective on Race Medicine: <i>Chris Troyanos, ATC</i>
12:30 pm	Lunch (Catered)
	<u>WORKSHOP ROTATION</u>
1:15-1:50	Ultrasound: <i>Pierre d'Hemecourt, MD</i>
2:00-2:35	Exertional Hyponatremia / iSTAT: <i>Kathryn Ackerman, MD, MPH</i>
2:45-3:20	Exertional Hyperthermia: <i>Brendon McDermott, PhD, ATC & Dawn Marie Emerson, PhD, ATC</i>
3:40-4:15	Manual Therapy/Deep Tissue Massage: <i>Laura Bergmann, MS, LMT, USAT, CES</i>
4:25-5:00	Mass Casualty Triage & Acute Traumatic Injuries: <i>David R. King, MD</i>
5:10-5:45	Cardiac/12-Lead Monitor Use: <i>Paul Thompson, MD</i>
5:45 pm	Adjourn



Northeastern University
Bouvé College of Health Sciences

IIRM 2019 Sports Medicine Conference: Interprofessional Management of Endurance Medicine

Conference Directors

Chris Troyanos, ATC

Executive Director, International Institute for Race Medicine
President and Director, Sports Medicine Consultants
Medical Coordinator, Boston Marathon and Half Marathon

David Nolan PT, DPT, MS, OCS, SCS, CSCS

Associate Clinical Professor, Northeastern University
Director, Mass General Hospital / Northeastern University
Sports Physical Therapy Residency Program
Clinical Specialist, Mass General Sports Physical Therapy

Additional Information

Target Audience: Health care providers interested in race medicine and caring for endurance athletes

BOC Approved CEUs: 8.5 Category A

Provider #: P8820

Level of Difficulty: Intermediate

Fees:

IIRM Members: \$175

IIRM Non-Members / Physicians: \$225

IIRM Non-Members / Residents/Fellows: \$175

IIRM Non-Members / Non-Physicians: \$175

BAA Volunteer: \$150

Student: \$75



Educational Materials: Available for download prior to course

Meals: Continental breakfast and catered lunch will be provided

Location: Northeastern University; West Village F, #20

Parking: Renaissance Garage: 835 Columbus Av. Boston, MA.

Campus Map Link:

<https://www.northeastern.edu/campusmap/map/index.html>

Course Info / Registration:

<https://nuptmrsce.org/student/liveprogram/11>

Hotel: The Colonnade, 120 Huntington Avenue, Boston

For room block rates, call 617-424-7000 (code: INT13A)

Cancellation Policy:

A full refund will be provided for any course cancellations made 14 days prior to the course date. A written letter requesting cancellation must be submitted to David Nolan via email at d.nolan@northeastern.edu. Requests must be received at least two weeks prior to event date as there will be no refund for cancellations received later. If participants register and do not attend, they are still responsible for full payment. Northeastern University Department of Physical Therapy, Movement, and Rehabilitation Sciences will process the refund within 7 business days from the day the request is received.

Conference Faculty

Kathryn E. Ackerman, MD, MPH

Medical Director, Female Athlete Program, Division of Sports Medicine, Boston Children's Hospital, Boston, MA
Assistant Professor of Medicine, Harvard Medical School, Boston, MA
Team Physician, US Rowing

Laura Bergmann, MS, LMT, CES, USAT, IASTM

Licensed Massage Therapist, Rehabilitation Specialist, and IASTM Practitioner (Instrument Assisted Soft Tissue Mobilization)
Owner, Fascia Lines, LLC, Winchester, VA
Instructor, Natural Running Clinics, Shepherdstown, WV
USA Triathlon multi-sport coach

Rebecca G. Breslow, MD

Associate Physician, Primary Care Sports Medicine, Brigham & Women's Hospital, Boston, MA
National Team Medical Staff, USA Track & Field

David (DJ) Cormier, DO, DPT

Sports Medicine Physiatrist, Wentworth-Douglas Hospital, Dover, NH and Frisbie Memorial Hospital, Rochester, NH.
Head Team Physician, University of New Hampshire, Durham, NH
Team Physician, Northeast Passage/UNH Sled Hockey Team

Irene Davis, PhD, PT, FACSM, FAPTA, FASB

Founding Director, Spaulding National Running Center, Cambridge, MA
Professor, Physical Medicine and Rehabilitation, Harvard Medical School, Professor Emeritus of Physical Therapy, University of Delaware
Vice President, American College of Sports Medicine

Dawn Marie Emerson, PhD, ATC

Assistant Professor and Director of Athletic Training, Department of Health, Sport, and Exercise Sciences, University of Kansas, Lawrence, KS
At-Large Director for the National Athletic Trainers' Association Research and Education Foundation

Pierre A. d'Hemecourt, MD

Director, Primary Care Sports Medicine Fellowship; Director Sports Medicine Ultrasound Program; Director, Runners' Clinic; Boston Children's Hospital, MA;
Assistant Professor, Harvard Medical School
Co-Medical Director, Boston Marathon

David R. King, MD

Trauma and Acute Care Surgeon, Massachusetts General Hospital (MGH) Trauma Center, Boston, MA
Attending Physician, Surgical Intensive Care Unit, MGH

Brendon P. McDermott, PhD, ATC

Assistant Professor, Exercise Science Research Center, Athletic Training Program, University of Arkansas, Fayetteville, AR
Medical Coordinator, Hoge Marathon, Fayetteville, AR

Paul D. Thompson, MD

Chief of Cardiology and Director of The Athletes Heart Program, Hartford Hospital, Hartford, CT
Professor of Medicine, University of Connecticut, Farmington, CT
Editor, *Exercise and Sports Cardiology*

Michele "Shelly" Weinstein, PT, MS, SCS, ATC, USN Retired

Medical Coordinator, Marine Corps Marathon Organization
Co-Owner, Cogent Steps, LLC
Emergency Response Instructor, American Physical Therapy Association
American Academy of Sports Physical Therapy
Faculty, US Navy Sports Physical Therapy Residency, Quantico, VA