3rd Annual

James A. Nicholas Sports Medicine Symposium

The Sports Medicine of Running

Friday
October 31, 2014

8:00 am - 4:00 pm

Einhorn Auditorium
Lenox Hill Hospital
131 East 76th Street
New York, NY 10021

Course Director
Stephen J. Nicholas, MD
Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital

North Shore-LIJ Faculty
Takumi Fukunaga, DPT, ATC, CSCS
Beth W. Glace, MS
Stuart D. Katchis, MD
Malachy P. McHugh, PhD
Michael J. Mullaney, DPT
Jose A. Rodriguez, MD

Guest Faculty
William G. Clancy, MD, PhD
S. Peter Magnusson, PT, PhD
Brandon Schmitt DPT, ATC

This symposium is made possible by a gift from the Family of Leon Hess.
Registration Form

Two Ways to Register:

ON-LINE: You can register on-line using a credit card as payment for conference fees and to receive immediate confirmation.
For detailed instructions to sign-in and register please follow steps below:

A. Signing into iLearn:
North Shore-LIJ Physicians & Employees: https://nsljhp.northshorelij.com/employees/Pages/lms.aspx
• iLearn can be accessed through the “Quick Links” on HealthPort: Hover over Quick Links on HealthPort.
  Click onto blue box “Learning Management System”
• Follow registration instructions below.
Non-NLJI Physicians and All Other Professionals: http://lsglm.learnsoft.com/LSGLM/Login/nsljlogin.aspx
• Returning users - login by entering your user name and password.
• New users - Create a new account by completing all of the required fields indicated in red. *In the “Division” field choose “Guest Affiliation” so to ensure access to registration page. Once your user profile is complete, click the “save” button at the upper right and proceed to login with your username and password. Follow registration instructions below.

B. Registration
Step 1 - Click on the Search tab. In the Search Text field, type in the title of the conference. Click on the Search button.
Step 2 - From search results, click the Enroll icon to the right.
Step 3 - Select “credit card”
Step 4 - Promotion Code:
  • Physicians - type into field: “physician”
  • NLSIJI Employees - type into field: “nslij”
  • All Others - type into field: “guest”
Step 5 - Click the “Apply” button.
Step 6 - Check Accept cancellation/refund policy.
Step 7 - Click “Enroll” button.
Step 8 - You will then be transferred to a secure site to enter credit card information. You will receive immediate confirmation that you have paid and are registered for the course.

IF PAYING BY CHECK, MAIL TO:
Lenox Hill Hospital
NISMAT, 2 Uris - Attn: Janet Christenson
100 East 77th Street, New York, NY 10075

Any registration payment by CHECK must be paid by
October 24, 2014.

If payment has not been received, your registration will not be processed.

Registration Information (Please Print Clearly)
Name: ____________________________________________ Credentials: ____________________________
(MD, DO, PA, PT, PTA, ATC, etc.)
Address: ___________________________________________________________________________________________
City: ____________________________________________ State:___________ Zip:__________________________
Phone (Days):__________________________________ Cell:_________________________________________________
Email: _____________________________________________________________________________________________
Affiliation:_____________________________________ Specialty:_____________________________________________

Please Indicate: ☐ MD ☐ DO ☐ PA ☐ PT ☐ PTA ☐ ATC ☐ Other ______________________________
Fees: $200 for physicians; $100 for North Shore-LIJ Health System employees and students; $150 for all others. Registration fee includes course materials, breakfast, lunch, break and CME/CEU certificate of attendance.
☐ Enclosed is my check for $ ________00 ☐ Check#________ Make payable to NISMAT
A confirmation letter will be sent.

If you have any questions regarding registration for this course please call Janet Christenson, NISMAT Administrator at (212) 434-2700 for assistance.

Cancellation Policy: All cancellations must be confirmed in writing to NISMAT by Friday, October 24, 2014. Forward written cancellations to jchristenson@nhsb.edu write in the Subject Line “NISMAT Conference Cancellation”. An administrative fee of $25 will be retained for all cancellations. No refunds will be given after this date or for “no-shows”.

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<td>8:00 am</td>
<td>INTRODUCTORY REMARKS</td>
<td>Stephen J. Nicholas MD</td>
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<td>8:10 am</td>
<td>40 years of treating running injuries</td>
<td>William G. Clancy MD, PhD</td>
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<td>9:00 am</td>
<td>Treating patellofemoral pain in runners</td>
<td>Michael J. Mullaney DPT</td>
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<td>9:35 am</td>
<td>Hip injuries in runners</td>
<td>Jose A. Rodriguez MD</td>
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<td>10:20 am</td>
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<td>10:35 am</td>
<td>Injury prevention screening and training considerations</td>
<td>Takumi Fukunaga DPT, ATC, CSCS</td>
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<td>11:15 am</td>
<td>Hydration and nutrition considerations for runners</td>
<td>Beth W. Glace MS</td>
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<td>12:00 pm</td>
<td>LUNCH</td>
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<td>1:00 pm</td>
<td>Tendinopathy in runners</td>
<td>S. Peter Magnusson PT PhD</td>
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<td>1:55 pm</td>
<td>Foot and ankle injuries in runners</td>
<td>Stuart D. Katchis MD</td>
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<td>2:30 pm</td>
<td>Barefoot versus shod running: clinical considerations</td>
<td>Brandon Schmitt DPT, ATC</td>
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<td>3:05 pm</td>
<td>Recovery strategies for runners</td>
<td>Malachy P. McHugh PhD</td>
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Statement of Need: This conference will address current approaches to the evaluation, diagnosis and treatment of running related injuries with an emphasis on long distance runners. Additionally, nutrition, hydration, training and recovery aspects for runners will be addressed.

Learning Objectives: All North Shore-LIJ Health System continuing education activities are designed to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:

- **EVALUATE** treatment options for patellofemoral pain in runners.
- **EVALUATE** treatment options for hip injuries in runners.
- **UNDERSTAND** the process and have access to the resources for screening uninjured runners.
- **UNDERSTAND** the nutrition and hydration needs of runners.
- **UNDERSTAND** the aetiology and treatment options for tendinopathy in runners.
- **EVALUATE** treatment options for foot and ankle injuries in runners.
- **UNDERSTAND** the efficacy and practicality of different recovery strategies for runners.

Target Audience: Orthopaedic surgeons, physical therapists, athletic trainers and sports medicine physicians.

CME Accreditation/Credit Designation
North Shore-LIJ Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Credit Designation: North Shore-LIJ Health System designates this educational activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Educational Credits
**Physical Therapy:** Long Island Jewish Medical Center, member of the North Shore-LIJ Health System, is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. Participants will receive a certificate at the completion of the conference for 7.7 contact hours.

**Athletic Trainers:** North Shore-LIJ Health System Rehabilitation Network 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 6.5 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in continuing education activity. BOC Approved Provider Number: P8350. Number of hours actually participated: 6.5.

Certificate of Attendance: Certificate of attendance will be awarded to qualifying participants at the end of the lecture. Please check with your licensing authority to determine your continuing education requirement.

Faculty Disclosure Policy: North Shore-LIJ Health System adheres to the ACCME's New Standards for Commercial Support. Any individuals in a position to control the content of a CME activity, including faculty, planners and managers are required to disclose all financial relationships with commercial interests. All identified potential conflicts of interest are thoroughly vetted by North Shore-LIJ for fair balance and scientific objectivity and to ensure appropriateness of patient care recommendations.

Registration Fees: $200 for physicians; $100 for North Shore-LIJ Health System employees; $150 for all others. Registration fee includes course materials, breakfast, lunch, break and CME/CEU certificate of attendance.

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Accreditation
Takumi Fukunaga, DPT, ATC, CSCS
Dr. Fukunaga is a senior physical therapist and research assistant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). He is an Assistant Professor for the Department of Physical Medicine and Rehabilitation at the Hofstra North Shore-LIJ School of Medicine. Dr. Fukunaga is the Center Coordinator of Clinical Education for physical therapy interns and a Master Clinician for the Department of Physical Therapy at New York University. He is a member of the APTA, Orthopedic and Sports Physical Therapy sections, and the running special interest group. At NISMAT, Dr. Fukunaga leads the runners’ program and founded the runners’ injury clinic, open to the public on a monthly basis. Dr. Fukunaga is an athletic trainer for intercollegiate athletics at New York University, and currently is the athletic trainer for the NYU men’s ice hockey team.

Beth W. Glace, MS
Beth has worked as a Sports Nutritionist and Research Associate at the Nicholas Institute of Sports Medicine and Athletic Trauma, at Lenox Hill Hospital, for more than 20 years. She has extensive experience in nutrition counseling, as well as performing fitness testing for professional and recreational athletes. Much of her responsibilities include designing, implementing and presenting research in the area of metabolism, exercise and nutrition. Areas of research have included elucidating the source of exercise-induced fatigue, eating disorders in athletes, metabolic rate in ballet dancers, and nutrition and blood values in ultra-marathoners. Beth is a competitive runner with particular interest in cross country and track events. She is President of the Shawangunk Runners in New Paltz, NY, and directs numerous trail and cross country races throughout the year.

Stuart D. Katchis, MD
Dr. Katchis is a board certified Orthopaedic surgeon and a Fellow of the American Academy of Orthopedic Surgeons and the American Orthopedic Foot and Ankle Society. He completed his Orthopedic Residency training at Lenox Hill Hospital under the directorship of James A. Nicholas, MD. Dr. Katchis has completed fellowships in Sports Medicine at the Cleveland Clinic Foundation and in Foot and Ankle Surgery at Harbor-UCLA Medical Center. Dr. Katchis has participated in the treatment of the Cleveland Browns, the Cleveland Cavaliers and the New York Islanders. He is a consultant to the Nicholas Institute of Sports Medicine and Athletic Trauma. Dr. Katchis has served as the Director of surgery of the foot and ankle at Lenox Hill Hospital since 1995.

S. Peter Magnusson, PT, PhD
Dr. Magnusson is a senior researcher at the Institute of Sports Medicine, Copenhagen, the head of the Musculoskeletal Rehabilitation Research Unit at Bispebjerg Hospital and professor at University of Copenhagen, Denmark. He began his career at the Nicholas Institute of Sports Medicine, New York prior to moving back to Sweden to begin working with the various Olympic national teams in Copenhagen, Denmark. He is currently a full-time researcher and has published 150 peer-reviewed articles and numerous book chapters related to the muscle-tendon unit. He has been a section editor for the Scandinavian Journal of Medicine and Science in Sports for over a decade, and he serves on the board for several research agencies.

Malachy P. McHugh, PhD
Dr. McHugh is the Director of Research at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital where he leads a multidisciplinary research team. Dr. McHugh is a Fellow of the American College of Sports Medicine, an Associate Member of the American Orthopaedic Society for Sports Medicine, and a Member of the Orthopaedic Research Society. He is an adjunct professor in the Department of Physical Therapy at New York University and a consultant with the New York Rangers. Dr. McHugh is on the Editorial Board for the Scandinavian Journal of Medicine and Science in Sports and has more than 100 publications in peer-reviewed journals.

Michael J. Mullaney, DPT, SCS
Dr. Mullaney is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. He has a board certification as a
Sports Certified Specialist and established Mullaney & Associates Physical Therapy, LLC in Matawan, NJ in 2007. Dr. Mullaney is extensively published in peer-reviewed sports medicine journals, has presented at multiple sports medicine conferences, and co-authored several book chapters. Dr. Mullaney is a past Chairman for the Shoulder Special Interest Group of the Sports Physical Therapy Section of the APTA.

Stephen J. Nicholas, MD
Dr. Nicholas is the director of the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. Dr. Nicholas has served as the orthopaedic team physician for the New York Jets Football Club, the New York Islanders Hockey Team, Hofstra University, the New Jersey Gladiators and the New Jersey Rockin’ Rollers. He also served as a member of the mayor’s New York City Sports Commission. Dr. Nicholas has been recognized as “One of New York’s Best Doctors” by New York Magazine for the last 10 years. He is a member of the American Orthopaedic Association and the American Orthopaedic Society for Sports Medicine and is extensively published in the sports medicine literature.

José A. Rodriguez, MD
Dr. Rodriguez is the Vice Chairman of the Department of Orthopaedics and the Director of Arthroplasty Fellowship Program at Lenox Hill Hospital. He is a fellowship trained orthopaedic surgeon who specializes in the treatment of traumatic and developmental conditions of the hip and knee. Dr. Rodriguez is skilled in arthroscopy, total joint replacement and revisions as well as fracture surgery. He has published numerous scientific articles including those pertaining to surgery for rheumatoid arthritis, total hip and knee reconstructions and the treatment of adolescent hip disorders. Dr. Rodriguez is involved in ongoing scientific research investigating the mechanisms of wear of the articulating surfaces of total hip replacements, the process of bony adaptation to implants and the arthroscopic treatment of conditions of the hip. He serves on the Editorial Boards of the Journal of Arthroplasty and the HSS Journal.

Brandon Schmitt, DPT, ATC
Dr. Schmitt graduated from Slippery Rock University with both DPT and ATC degrees. He is currently working as a physical therapist at PRO Sports Physical Therapy of Westchester, Scarsdale NY. Dr. Schmitt is also the athletic trainer at Scarsdale High School. Dr. Schmitt is a clinical researcher with interests in concussion, tendinopathies and muscle strains. He has published and presented internationally. Dr. Schmitt is currently serving as the vice chair of the Knee Special Interest Group for the national Sports Physical Therapy Section.

Benjamin B. Bedford, MD, Consultant
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Janet Christenson, BS/HA, Administrator
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Steven Lee, MD, Associate Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Malachy McHugh, PhD, Director of Research
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Stephen J. Nicholas, MD, Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Timothy F. Tyler, PT, ATC, Consultant
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Conference Coordinated by:
North Shore-LIJ Rehabilitation Network
Patricia McQuade, MS, PT, Director
Ronald Noniellada, MPA, OTR/L
Program Manager, Conference Coordinator

Acknowledgements:
All educational financial support will be acknowledged on the day of the program.