

**Putting the Athlete in Triathlete:  
A Clinician's Role in Endurance Sports**



**Saturday, April 20, 2013**

- 7:30 am Registration/Continental Breakfast
- 8:00 am Introduction
- 8:15 am Tissue mechanics for endurance training
- 9:00 am Running biomechanics
- 9:30 am Building a better runner: how form, strength, and mobility improve performance
- 10:30 am Break
- 10:45 am Footwear: how to answer when asked "what's the best shoe for me?"
- 11:45 am Lunch (on own)
- 12:45 pm Clinical evaluation of the runner
- 1:45 pm Case scenarios and the visual gait tool
- 2:45 pm Break
- 3:00 pm Bike anatomy
- 3:30 pm Clinical bike fit
- 4:30 pm Bike-hab: training skills on the bike
- 5:00 pm Adjourn

**Sunday, April 21, 2013**

- 8:00 am Clinical evaluation of the cyclist
- 8:30 am Bike fit lab
- 10:30 am Break
- 10:45 am Swimming: swimmers aren't pitchers
- 12:15 pm Exercise progression for the overhead athlete
- 12:45 pm Q&A, wrap-up!
- 1:00 pm Adjourn

MedSport Sports Medicine Program includes Orthopaedic Sports Medicine, Physical Therapy, Athletic Training Services and the Athletic Performance Center. This program provides services to area athletes at all levels; Olympic, professional, elite, collegiate, high school and recreational.

Our mission is to provide complete sports medicine services for orthopaedic related injuries and conditions. In addition, we will promote research and educational opportunities in sports medicine for our staff and students.

Complete location and hotel information will be sent upon registration.



Provider #P546  
12.25 CEUs

# Registration

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

PT     ATC     PTA     \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Phone: (\_\_\_\_) \_\_\_\_\_

**Course Fee: \$350.00**  
**Registration Deadline: April 8, 2013**

Check (payable to: UMHS)

Visa     MC

Card#: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: **X** \_\_\_\_\_

Please fax or mail registration to:  
Cindy Newcom  
24 Frank Lloyd Wright Drive  
P.O. Box 391  
Ann Arbor, MI 48106-0391  
Phone/Fax: (734) 930-7417/7416



## Course Overview

As leaders in musculoskeletal health, we are the obvious source when getting over injury. Moving forward, it's critical that therapists and athletic trainers's can utilize their strengths to advance an injured athlete back to race day, and more importantly, aim to optimize performance. In this course, we'll explore the relationship of form and function. For each sport, we'll examine how an individual's body plays a role in their form, and address body function for sports-specific needs. Then we'll "close the loop," as we dig deeper into the mechanics of swimming, biking, and running, cover clinical bike fit, and running gait assessments as a service you can provide to your patients and clients. To tie this together, we'll cover tips and cues you can use to reinforce your hands-on work in the clinic, and explore a paradigm for exercise progression for endurance sports. This course will blur the lines between rehab and performance training we concentrate on one simple goal: helping our athletes achieve their goals.

### Speaker:

Originally from New Orleans LA, Jay completed the Masters of Physical Therapy degree at Louisiana State University Medical Center and is a Board-Certified Sports Clinical Specialist. Jay built his international reputation as an expert in biomechanical analysis as Director of the SPEED Clinic at the University of Virginia, and now as Director of the REP Biomechanics Lab in Bend, OR. Jay blends the fields of clinical practice, coaching, and engineering to better understand and eliminate the cause of overuse injuries in endurance athletes. His unique approach goes outside the traditional model of therapy and aims to correct imbalances before they affect your performance. Jay literally wrote the book on running gait assessments: he is author of "Anatomy for Runners", writes columns for numerous magazines, and has published over twenty professional journal articles and book chapters. Jay has had an active research career, and consults for numerous footwear companies, the US Air Force, USA Track and Field, and USA Triathlon. Having taught in the Sports Medicine program at UVA, he brings a strong bias towards patient education, and continues to teach nationally to elevate the standard of care for Therapists, Physicians, and Coaches working with endurance athletes.

In addition to his clinical distinction, Jay is a certified coach through both the United States Track and Field Association and the United States Cycling Federation, and certified Golf Fitness Instructor through Titleist Performance Institute. He has a competitive history in swimming, triathlon, cycling, and running events on both the local and national level, and has coached athletes from local standouts to national medalists.

*Hosts*

## Putting the Athlete in Triathlete:

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Endurance Sports

*Presented by*

**Jay Dicharry, MPT, SCS**

**April 20-21, 2013**  
**Ann Arbor, MI**

**Future MedSport Courses**

**May 17, 2013**  
2013 MedSport Symposium:  
Current Concepts in Sports Medicine

**June 7-8, 2013**  
Upper Quadrant Course

