



ColumbiaDoctors | *Sports Medicine*

Upcoming Live Webinar - Register Today



The Science of Running:
How to Stay Healthy and Optimize
Performance

Tuesday, September 5, 2017
8:00 PM

Live Webinar Event

This course will be of interest to Team Physicians, Certified Athletic Trainers, Physical Therapists, Primary Care Sports Medicine Physicians, runners of all skill levels and outdoor enthusiasts.

[CLICK HERE TO REGISTER](#)

*This program will be hosted on GoToWebinar
Be sure to [check your system requirements](#) to avoid connection issues.*

Course Information

Moderator:

T. Sean Lynch, MD

Faculty & Topics:

Christopher Visco, MD

Common Running Injuries: What Can You Train Through and How Can You Prevent Them?

Colleen Brough, PT, DPT, MS, OCS

Gaining That Extra Edge: What Can a Running Analysis Do For You?

Thomas Bottiglieri, DO

The Fountain of Youth: The Promise of Biologics for the Running Athlete

Elan Goldwaser, DO

Cutting Edge Training Techniques: Tools the Experts Use

Natasha Desai, MD

Rest Better to Run Faster: Recovering Like a Pro

Fiona Nugent, MS, FNP-BC

P.R. your Marathon: Running Coaches' Secrets to Success

Overview:

Recreational and organized sports participation is on the rise. The pressure to get athletes back to sport as quickly and safely as possible continues to increase. This course will serve to highlight important topics in sports medicine that are experienced at the highest levels on a daily basis. The management of athletic injuries is under constant debate, often needing to decide between conservative and surgical intervention. Good judgment of the sports provider is vital as management decisions are usually tailored to the individual athlete. Optimal management of these injuries is essential to an athlete's career. Understanding the etiology, diagnosis, surgical, and non-surgical modalities are the key elements of a successful treatment plan. This course will be of interest to team Physicians, Certified Athletic Trainers, Physical Therapists, Primary Care Sports Medicine Physicians, runners of all skill levels, and outdoor enthusiasts.

Credit Designation

Athletic Trainers:



Columbia University Center for Shoulder, Elbow and Sports Medicine (BOC AP# P8611) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 1.0 Category A hours/CEUs.

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[Click here to register today](#)

Send your questions to:
orthocme@cumc.columbia.edu