

Endurance Athlete Educational Series

Presented by Sports Medicine at The Ohio State University Medical Center

What to Expect

Learn the latest techniques and practices for treating the endurance athlete from the experts at The Ohio State Wexner Medical Center Department of Sports Medicine. The Endurance Athlete Educational Series will feature 5 home study courses and cover the treatment strategies and guidelines for the following topics: caring for the female endurance athlete, including recommendations for return to sports post-partum; treatment for lower extremity tendinopathy in the endurance athlete, including progression back to strength and power training; rehabilitation for shoulder impingement and returning them safely to swimming; the importance of nutrition and rest in the endurance athlete; and return to cycling and running following hip arthroscopy for femoral acetabular impingement syndrome. The series will be available for home study 4/11/2023-12/31/2023.

Program Faculty

Thalia Wynne, PT, DPT, AT
Claire Such, PT, DPT, SCS, AT
Kim Uscilowkis, PT, DPT
Sarah Depp, PT, DPT, OCS
Alana Kirchmer, PT, DPT, MS
Justin Kirchmer, PT, DPT, CSCS
Chris Kolba, PhD, PT, CSCS

Kyle Smith, PT, DPT
Kathy Wayman, PT, DPT, SCS
Bryant Walrod, MD
Kacie Vavrek, MS, RD, LD
Stephanie Distasi, PhD, PT
Sarah Clagg, PT, DPT, AT
Melissa Gallatin, PT, AT, OCS

Learning Objectives- After this course participants will be able to:

- 1) Discuss and Implement guidelines for women in Endurance Sports during different phases of their hormone cycle, during pregnancy and post-partum, and for athletes with DRA
- 2) Classify patients utilizing the continuum model for addressing pain, function, and structure, and select appropriate treatment to enhance power, strength, speed, and plyometrics following injury in running athletes
- 3) Describe the phases of swimming stroke and corresponding tissue stress in each phase and implement return to swimming guidelines and rehabilitation considerations following evaluation of the swimmer's stroke
- 4) Examine athletes sleep barriers, negative consequences, and make recommendations for optimal sleep recommendations and evaluate dietary supplementation for endurance athletes and address safety concerns related to supplements
- 5) Execute personalized rehabilitation based on biomechanical fundamentals for cycling and running after hip arthroscopy

Cost

Each course will be \$10. A \$5 discount will be applied if 4 out of the 5 courses are registered for (\$35) and \$10 discount (\$40) if registering for all 5 of the courses. There are no refunds after registration has been completed.

Registration information and questions: <https://medicine.osu.edu/departments/sports-medicine/education/medical-professionals/symposia>

For additional questions Contact Karlyn.Botzman@osumc.edu

[Ohio State Sports Medicine Endurance Athlete Program](#)



Accreditation: BOC approved CE

1. Caring for the Female Endurance Athlete- 2.25 Cat A
2. Treatment of Tendinopathy- 2.25 Cat A
3. Treatment of Shoulder Injuries in Swimmers- 1.5 Cat A
4. The Importance of Nutrition and Rest in our Endurance Athletes- 1.5 Cat A
5. Return to Endurance Sports After Hip Arthroscopy – 2.25 Cat A

Non-Discrimination: The Ohio State University Wexner Medical Center does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. The Ohio State University Wexner Medical Center is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint sponsorship of Ohio State University Sports Medicine. Ohio State University Sports Medicine is approved by the BOC to provide continuing education for Athletic Trainers, provider #P647