

Andrew's Institute Sports Medicine Lecture Series "Introduction to Running Analysis" Benjamin Gloff, PT

Registration Information

To receive CME credit, participants need to:

- Register
- View presentation
- Take quiz and obtain 80% (4 out of 5) to pass
- Complete evaluation
- Print certificate

Participants should take 1 hour to complete the activity. Participants may work at their own pace.

Teaching Methods

This online enduring material uses the following teaching methods and media:

- Lecture (audio/videotaped)
- PowerPoint Presentation

Acknowledgements of Commercial Support

There is no commercial/financial support for this activity.

CME Enduring Material Description, Target Audience and Needs Statement

Sports medicine is an evolving discipline in which experience of a multigenerational factor can shed new information and knowledge on how to properly identify, manage and prevent common injury types seen in sports medicine today. This online educational enduring material is designed for physicians and clinical staff. Its purpose is to bridge the gap between the medical knowledge and current practice with evidence-based practice guidelines to achieve optimal patient outcomes through discussions and examinations of interesting, real world cases.

Objectives

At the end of this online enduring material, participants should be able to:

- Discuss the importance of a running analysis.
- Assess standardizing of a run gait.
- Define common running faults.
- Analyze how to perform a running analysis.

For Further Study

- Souza, Richard B. "An Evidence-Based Videotaped Running Biomechanics Analysis." *Physical Medicine and Rehabilitation Clinics of North America*, vol. 27, no. 1, 2016, pp. 217–236.
- Neal, Bradley S., et al. "Runners with Patellofemoral Pain Have Altered Biomechanics Which Targeted Interventions Can Modify: A Systematic Review and Meta-Analysis." *Gait & Posture*, vol. 45, 2016, pp. 69–82., doi:10.1016/j.gaitpost.2015.11.018.
- Romanov, Nicholas S., and Kurt Brungardt. *The Running Revolution: How to Run Faster, Farther, and Injury-Free --for Life*. Penguin Books, 2014.
- Bosch, Frans, and Ronald Klomp. *Running: Biomechanics and Exercise*

Physiology in Practice. Elsevier Churchill Livingstone, 2005.

- Barton, Christian J, et al. "Kinematics Associated with Foot Pronation in Individuals with Patellofemoral Pain Syndrome: a Case-Control Study." *Journal of Foot and Ankle Research*, vol. 4, no. Suppl 1, 2011, doi:10.1186/1757-1146-4-s1-o4.
- Buist I, et al. "Predictors of running-related injuries in novice runners enrolled in a systematic training program: a prospective cohort study." *Am J Sports Med*. 2010;38(2):273. Epub 2009 Dec 4.
- Knapik JJ, et al. "Injury reduction effectiveness of assigning running shoes based on plantar shape in Marine Corps basic training." *Am J Sports Med*. 2010;38(9):1759. Epub 2010 Jun 24.
- Nigg BM, et al. "Running shoes and running injuries: mythbusting and a proposal for two new paradigms: 'preferred movement path' and 'comfort filter'." *Br J Sports Med*. 2015 Oct;49(20):1290-4. Epub 2015 Jul 28.
- Teixeira RN, et al. "PREVALENCE OF MUSCULOSKELETAL PAIN IN MARATHON RUNNERS WHO COMPETE AT THE ELITE LEVEL." *Int J Sports Phys Ther*. 2016 Feb; 11(1): 126–131.
- Lopes AD, et al. "Musculoskeletal pain is prevalent among recreational runners who are about to compete: an observational study of 1049 runners." *Journal of Physiotherapy* 2011; 57(3): 179-182.
- Milewski MD, et al. "Chronic lack of sleep is associated with increased sports injuries in adolescent athletes." *J Pediatr Orthop*. 2014 Mar;34(2):129-33.
- Yeung EW, Yeung SS. "Interventions for preventing lower limb soft-tissue injuries in runners." *Cochrane Database Syst Rev*. 2001

Disclosure

In compliance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence, all presenters, authors and planners must disclose to the participants of an educational activity any relevant financial relationships they may have with an ineligible company, (i.e., any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients) related to the content of this CME activity.

The course director, Troy Smurawa, MD, has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The speaker, Benjamin Gloff, PT, has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The CME planners and staff have no relevant financial relationships with an ineligible company related to the content of this CME activity.



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Credit Designation Statement

The Children's Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Children's Health designates this enduring material for a maximum of *1 AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Release and Termination Dates

Original release date: August 11, 2025

Review date: August 11, 2025

Termination date: August 11, 2028

Hardware/Software Requirements

Internet; Media Player; Audio

For more information or questions

CME: 214-456-5168 or CME@Childrens.com