

Running Science Symposium

Friday 6th July- West Lecture Theatre 2, La Trobe Bundoora Campus

3-30 pm		REGISTRATION
Session 1: Assessment and management of the injured runner <i>(MC: Christian Barton)</i>		
3:30	Rich Willy	Key assessment & management principles of the injured runner
4:10	Danielle Hope	Managing the female athlete
4:35	Peter Brukner	Importance of diet in the running athlete
5-5:30		TEA
Session 2: The older runner <i>(MC: Zuzana Machotka)</i>		
5:30	Danielle Hope	The importance of physical activity including running for healthy aging
6:00	Christian Barton	Managing the runner with knee OA
6:30	Rich Willy	Strategies to optimise durability in the Masters runner
7 pm	PANEL DISCUSSION (MC- Kay Crossley)	
7:30-8:30 pm	REFRESHMENTS & NETWORKING	

Saturday 7th July- West Lecture Theatre 2, La Trobe Bundoora Campus

8:30 am		REGISTRATION
Session 3 – Achilles tendon (MC Zuzana Machotka)		
9:00	Mel Smith	Biomechanics associated with Achilles tendinopathy
9:30	Rich Willy	Return to running following Achilles tendon injury
10:00	Ebonie Rio	Loading programmes for Achilles tendon injury
10:30-11 am		MORNING TEA
Session 4: The Foot (MC: Christian Barton)		
11:00	Glen Whittaker	What can the evidence tell us about foot orthoses for runners
11:20	Ben Holland	Tailoring sporting footwear: Australian Rules Football boots as an example
11:40	Rich Willy	Making sense of maximalist and minimalist shoes
12:10	Mel Smith	Rethinking the foot: what about exercise rehab?
12:30-1 pm	PANEL DISCUSSION (MC- Christian Barton)	
WORKSHOPS begin 1:45-5 pm		

Workshops

WORKSHOPS A and B (90 mins)[Run in Prac rooms]****1:45 pm- 3:15 pm****Workshop A – Ebonie Rio + Sean Docking***(Moderator = Zuzana Machotka)*

- Achilles tendinopathy management
- Differential diagnosis
- Use and value of imaging
- Starting and progressing a loading program

Change over (15 min)**3:30 pm -5 pm****Workshop B – Rich Willy + Mel Smith***(Moderator = Christian Barton)*

- Getting exercise programs right for the runner
- How to schedule strength and conditioning
- Building a more resilient foot and ankle
- Providing adequate loads and progression of exercise to meet the needs of running

** All workshop attendees will have access to both workshops, which will be run simultaneously. Half the group will start in one and the other half in the other workshop. At half time the groups will swap.

